



# Ephedrine Nasal Drops 0.5%

(ephedrine hydrochloride)

## Important information about Ephedrine Nasal Drops

- This medicine relieves nasal congestion in adults and children over 12 years old.

### Do not use....

- For anyone under 12 years old.
- For longer than 7 days.

### Talk to your doctor....

- If your congestion has not cleared up after 7 days.

### Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

## 1. What the medicine is for

Ephedrine Nasal Drops belong to a group of medicines known as nasal decongestants. They act to relieve congestion by constricting blood vessels in the nose.

## 2. Before you use this medicine

### Do not use the medicine if you have....

- Taken **MAOIs (monoamine oxidase inhibitors)** for depression in the last two weeks.
- Taken **beta-blockers** for your **heart or blood pressure**.
- An **allergy** to any of the ingredients listed in section 6.
- A **heart condition, high blood pressure or poor circulation**.
- An **overactive thyroid gland**.
- **Overexcitability**.
- **Glaucoma**.
- **Excessive** levels of **adrenaline** in the blood.
- Recently had an **operation** on your **nose or sinuses**.
- **Difficulty passing urine**.
- Been told you have a type of **tumour** called a **phaeochromocytoma**.
- Are already taking other **medicines to unblock your nose**.
- Or **are under 12 years old**.

### Talk to your doctor or pharmacist if you have....

- Asthma.
- Kidney problems.
- Diabetes.
- Prostate problems.
- Or you are elderly.

### Talk to your doctor or pharmacist if you are taking....

- Guanethidine, reserpine, methyl dopa or any other drugs for high blood pressure.
- Tricyclic antidepressants eg amitriptyline or imipramine.
- Digoxin or digitoxin for heart failure.
- Dexamethasone for relief of inflammation.
- Quinidine to treat irregular heartbeat.
- Ergotamine or methysergide for migraine relief.
- Caffeine which may increase the effects of ephedrine.
- Rasagiline or selegiline for Parkinson's disease.
- Medicines for psychotic illness.
- Theophylline for asthma.
- Thyroid hormones e.g. levothyroxine.
- Medicines or supplements to reduce your appetite or make you more alert.
- Or if oxytocin is used to assist birth or breastfeeding.
- If you go into hospital for an operation you should tell the doctor and anaesthetist that you are using Ephedrine Nasal Drops.

### Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Do not use the drops unless the doctor tells you to do so. If you use the drops when breastfeeding, your child may become irritable and sleepless.

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## 3. How to use this medicine

- Avoid touching the glass dropper – hold the dropper by the bulb.
- Do not put the dropper inside your nostril.
- Put your head back and using the dropper, place the drops into each nostril.
- Replace the dropper in the bottle after use.
- Do not share the drops with anyone else.
- Keep away from eyes.

### Dosage

#### Adults and children over 12 years

- Use one or two drops in each nostril as required not more than 4 times a day.
- This is the normal dose unless your doctor tells you differently.
- Do not use for longer than 7 days without talking to your doctor.

#### Children under 12 years

Do not give to children under 12 unless your doctor tells you to.

### DO NOT EXCEED THE STATED DOSE.

If your symptoms persist you should ask your doctor for advice.

### If you use too much

If you accidentally use too much or swallow some, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

## 4. Possible side effects

Like all medicines, Ephedrine Nasal Drops can have side effects, although these don't affect everyone. Side effects may be minimised by avoiding prolonged or excessive use.

### Possible side effects are:

- Anxiety, fear (paranoia), being irritable, restless or not sleeping.
  - Seeing things (hallucinations).
  - Headache.
  - Feeling sick, being sick, feeling thirsty, more or less saliva than usual in your mouth.
  - Dizziness and fainting.
  - Weakness and trembling.
  - Irritation, dryness or soreness in the nose.
  - Inflammation of the skin.
  - Sweating, flushing or goose pimples.
  - Effects on the heart e.g. palpitations.
  - Effects on the circulation e.g. high or low blood pressure.
  - Changes in blood sugar or potassium levels.
  - Anorexia.
  - Shortness of breath.
  - Wide pupils in the eye.
- People with difficulty in passing urine may find that the condition gets worse. Use of the drops for more than 7 days may make your congestion worse and the effectiveness of the drops will decrease (tolerance). It may also make you want to use the drops more often than recommended, and you may find it difficult to stop using them (dependence).

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help provide more information on the safety of this medicine.

## 5. Storing this medicine

- Keep out of the sight and reach of children.
- Do not store above 25°C.
- Do not allow to freeze.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- If you have any unused drops 2 months after opening the bottle, return them to your pharmacist.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

## 6. Further information

### What is in this medicine

**The active ingredient is:** ephedrine hydrochloride 0.5% w/v.

**The other ingredients are:** chlorobutanol hemihydrate, sodium chloride, purified water.

### What the medicine looks like

Ephedrine Nasal Drops are a clear, colourless liquid.

It is supplied in 10ml bottles with a dropper.

### Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was last revised in November 2014

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