
Information for the user



Allergy Relief 2% w/v Eye Drops (Sodium Cromoglicate)

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Always use this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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 must talk to a doctor if you do not feel better or if you feel worse

What this medicine is for

This medicine contains Sodium Cromoglicate which has an anti-inflammatory action in the eyes.

It can be used to treat the redness, soreness and itching in the eyes caused by seasonal allergies such as hayfever and year round allergies due to dust mites, animals or moulds.

Before you use this medicine

This medicine can be used by adults and children. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

X Do not use:

- **If you are allergic** to sodium cromoglicate or any of the ingredients in this medicine (see "What is in this medicine")

! Talk to your pharmacist or doctor:

- If you are pregnant or breastfeeding

Other important information

Driving and using machines: This medicine can cause blurred vision for a few minutes after use. If this happens, do not drive or operate machinery until you can see normally again.

Information about some of the ingredients: This medicine contains benzalkonium chloride which may cause eye irritation, and is known to discolour soft contact lenses.

If you wear soft contact lenses: Do not wear your contact lenses whilst using this medicine. Wear glasses instead.

If you wear other types of contact lenses: Take your lenses out before using the drops. Wait at least 20 - 30 minutes before putting them back in.

If you take other medicines

This medicine is not expected to affect any other medicines that you may be using.

If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to use this medicine

Check the cap seal is not broken before first use. If it is, do not use the drops.

You should start using the drops 1 week before you expect symptoms to occur to help reduce them.

Follow the **directions** after the table which show you how to put the drops into your eye.

Age	How much to use	How often to use it
Adults and children	One or two drops in each eye	4 times in 24 hours

For use in the eyes only.

Do not use more than the amount recommended above.

Directions

Apply your eye drops in the following way:

1. Wash your hands.
2. Open the bottle. Take special care that the tip of the dropper bottle does not touch your eye, the skin around your eye or your fingers.
3. Tilt your head backwards while seated, or lie down on your back.
4. Place the tip of the bottle close to your eye. Pull the lower eyelid downwards and look up.
5. Press the bottle slightly and let one drop fall into the space between the lower eyelid and the eye.
6. Close your eye for a moment.
7. When both eyes are to be treated, repeat steps 3 to 6 for the other eye.
8. Replace the cap securely after use.

If symptoms do not go away after 2 days or worsen, talk to your pharmacist or doctor.

If you forget to use the drops: Use them when you remember unless it is almost time for the next dose. If it is almost time to use the drops again, use them at the usual time, then carry on as before.

If you use too much or if anyone accidentally swallows some of the medicine: Talk to a pharmacist or doctor.

Possible side effects

Most people will not have problems, but some may get some.

If you get any of the following side effects see your pharmacist or doctor:

- Irritation of the eye
- Blurred vision

You may notice a temporary burning or stinging sensation when you put the drops in your eyes.

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

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

Throw away any medicine left 4 weeks after you first open the eye drops.

What is in this medicine

Each 1 ml of solution contains 20 mg of Sodium Cromoglicate (2% w/v), which is the active ingredient.

As well as the active ingredient, the drops also contain benzalkonium chloride, disodium edetate, water.

The pack contains 10 millilitres of eye drops which are a clear, colourless solution.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Tubilux Pharma S.p.A. Via Costarica 20/22 00040 Pomezia (RM) Italy. Marketing Authorisation held by Bausch & Lomb (UK) Ltd 106 London Road Kingston-Upon-Thames Surrey UK.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Allergy Relief 2% w/v Eye Drops

Reference number: 03468/0023

This is a service provided by the Royal National Institute of Blind People.