

Fluticasone 27.5mcg/spray (Avamys) Nasal Spray

Medication Information Leaflet

What is this medication for?

Avamys is a nasal spray that contains the steroid Fluticasone. It helps to reduce the inflammation in the nasal cavity and is commonly used to reduce symptoms of allergic rhinitis such as sneezing, itchiness and runny or blocked nose.

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- Preparing the new device

Steps	Description
1	Shake the nasal spray vigorously for 10 seconds to liquefy the suspension.
2	Remove the cap and hold the device upright, facing away from you.
3	Press the button at the side firmly all the way in. Do it at least 6 times until a clear and consistent mist is seen.

- Administering the medication

Steps	Description
1	Shake the nasal spray and remove the cap.
2	Blow your nose to clear the nostrils and tilt your head slightly forward.
3	Hold the nasal spray upright and gently place the nozzle into one of your nostrils.
4	Position the nozzle such that it is pointing away from the centre of the nose (towards the ears). Pointing it to the centre of the nose can increase the risk of nosebleed.

5	Press the button at the side firmly all the way in as you breathe in through your nose.
6	Remove the nozzle and breathe out through your mouth.
7	Repeat steps 3 to 6 for the other nostril if you are instructed to instill the medication in both nostrils.

- Cleaning the device
 - Wipe the nozzle and inside of the cap with a clean and dry tissue after each use.
 - Do not push any sharp objects into the nozzle. Repeat steps for preparing the new device if you think that the nozzle is blocked.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Do not use more than 2 sprays in each nostril twice a day.

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding.

What are some common side-effects of this medication?

- Nosebleed
- Headache
- Nose discomfort or irritation
 - This is usually temporary
 - Try to spray away from the centre of the nose

These side effects may or may not occur, but if they do, they should improve over time.

Please approach your healthcare provider if they are bothersome or do not improve.

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

Do not keep the nasal spray for more than 2 months after you have opened it.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing it into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

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