

Mometasone 0.05% (Nasonex) Nasal Spray

Medication Information Leaflet

What is this medication for?

Nasonex is a nasal spray that contains the steroid Mometasone. It helps to reduce inflammation in the nasal cavity, thereby relieving symptoms of allergic rhinitis, such as sneezing, itchy nose, blocked nose or runny nose.

How should I 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 gently and remove the cap.
2	Hold the device by placing your middle finger and index finger on the shoulders of the nasal spray, while holding the bottom of the spray with your thumb.
3	While pointing the spray into the air, press downwards on the counter for 10 times or until a fine and consistent mist appears. The device is now ready for use.
4	If unused for more than 2 weeks, reprime by spraying 2 times or until a clear and consistent mist appears.

- Administering the medication

Steps	Description
1	Gently blow your nose to clear the nostrils before use. Use one finger to close off one of the nostrils.

2	Tilt your head slightly forward, keep the bottle upright and insert the spray into the other nostril.
3	Point the nozzle slightly away from the centre of the nose (towards the ears) for the medication to reach the correct part of the nose. Pointing it to the wrong part may increase the risk of nose bleed.
4	Start to breathe in slowly through your nose and at the same time, press down once on the device to release one spray.
5	Breathe out through the mouth and repeat Steps 1 to 3 in the other nostril.
6	Wipe the spray with a clean tissue or cloth. Put the cap back to its original position.

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?

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?

- Headache
- Sneezing
- Nose bleed or irritation
- Sore throat

The side effects above may or may not occur, but if they do, they should improve over time. Please approach your healthcare provider or seek medical attention if they are bothering you or do not go away after a period of time.

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.

What food or medication should I avoid when I take this medication?

NA

How should I store this medication?

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

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing 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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