

# Supporting patients in making a clear choice on a nasal decongestant

## A few considerations when recommending a nasal decongestant:\*

- 1 Does the patient have symptoms of nasal congestion?
- 2 Do they have any other symptoms?
- 3 Do they require immediate relief from symptoms?
- 4 Would they prefer a spray/drops or an oral tablet or liquid?
- 5 Have they taken anything for the symptoms?
- 6 Do they have any red flag symptoms that should be referred?



Ipratropium Bromide 0.06%  
Xylometazoline Hydrochloride 0.05%

This information is intended for healthcare professional use only: poster for display in the pharmacy only

\*This is not an exhaustive list.

**C+D** Counter Assist

CREATED AND BROUGHT TO YOU BY **Otrivine**

REFERENCES: 1. Naclerio RM, et al. Pathophysiology of nasal congestion. *Int J Gen Med.* 2010;3:47-57. Published 2010 Apr 8. doi:10.2147/ijgm.s8088. 2. Patient.info (2018) Nasal congestion. 3. Sobieski JL, et al. Head and Neck, Nasal Cavity. [Updated 2020 Jul 27]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan. 4. NHS UK (2019) Non-allergic rhinitis. 5. NHS UK (2017) Common cold. 6. NHS UK (2019) Allergic rhinitis. 7. NHS UK (2019) Decongestants. 8. Patient.info (2018) Decongestants. 9. Patient.info (2020) Ipratropium nasal spray. 10. NHS UK (2019) Pseudoephedrine (including Sudafed). 11. Electronic medicines compendium (2015) SmPC: Boots Blocked Nose Relief 12 mg Capsules. **PRODUCT INFORMATION: Otrivine Extra Dual Relief 0.5 mg/ml + 0.6 mg/ml nasal spray, solution. (0.5 mg/ml xylometazoline hydrochloride and 0.6 mg/ml ipratropium bromide). Indications:** Symptomatic treatment of nasal congestion and rhinorrhea in connection with common colds. **Dosage:** 1 puff in each nostril, up to 3 times daily, with at least 6 hours between doses. Not for use longer than 7 days. **Contraindications:** Children and adolescents under 18 years. Known hypersensitivity to xylometazoline hydrochloride or ipratropium bromide or any excipients or hypersensitivity to atropine or similar substances. Patients with glaucoma or rhinitis sicca or following trans-sphenoidal hypophysectomy or surgery exposing the dura mater. **Warnings and precautions:** Use with caution in people with: hypertension, cardiovascular disease, hyperthyroidism, diabetes mellitus, prostatic hypertrophy, bladder stenosis, pheochromocytoma, angle closure glaucoma, epistaxis, paralytic ileus, cystic fibrosis. Caution in people sensitive to adrenergic substances, which may cause sleep disturbances, dizziness, tremor, cardiac arrhythmias or elevated blood pressure. Hypersensitivity reactions may occur. Do not use for more than 7 days. Use during pregnancy or breastfeeding only if clearly necessary. Avoid contact with eyes. **Side effects:** See SPC for full details. Hypersensitivity reactions (including angioedema, urticaria and bronchospasm). Localised irritation in the nose and throat, nausea, headache and dryness of the nasal mucosa. Systemic cardiovascular effects should be kept in mind in those with cardiovascular disease. In isolated cases, systemic allergic reactions, insomnia, fatigue, urine retention and transient visual disturbances. **Price:** £6.66 (ex. VAT) **Legal Status:** P. **Licence Number:** PL 44673/0153. **Licence Holder:** GlaxoSmithKline Consumer Healthcare (UK) Trading Limited, Brentford, TW8 9GS, UK. **Date of revision:** April 2019. **JOB NUMBER:** PM-UK-OTRI-20-00055. **DATE OF PREPARATION:** September 2020.