

# For patients who have been prescribed **Ryaltris™ nasal spray** for allergic rhinitis

## How to take Ryaltris nasal spray

The recommended dose is two sprays into each nostril in the morning and evening.

Always use this medicine as directed by your doctor or pharmacist.

More information is available in Swedish at [fass.se](http://fass.se)



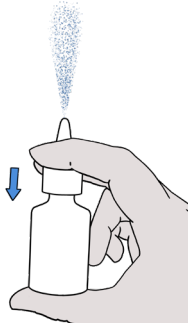
**1**



**Prepare your nasal spray**

Shake the bottle for at least 10 seconds and then remove the protective cap.


**2**



**Using for the first time**

The first time you use the nasal spray (or if it has been more than 14 days since you last used it), you will need to prime it by spraying into the air until you see a fine mist.

**3**



**Blow your nose**

Blow your nose gently to clear your nostrils.

**4**

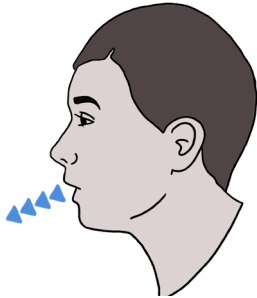


**Spray**

Close one nostril with your finger, carefully insert the tip into the other and point it towards the outside of your nose.

Tilt your head slightly forward, quickly press down once while gently breathing in through your nose.

**5**



**Breathe**

Breathe out through your mouth.

Turn for full instructions.

# For patients who have been prescribed **Ryaltris™ nasal spray** for allergic rhinitis

For more information on how to use Ryaltris nasal spray, see the package leaflet that comes with each pack. Read carefully and contact your doctor or pharmacist if you have any questions.

For more information about cleaning, what to do if you have used too much or have forgotten to take Ryaltris, and about possible side effects, see the package leaflet or [fass.se](http://fass.se) (information in Swedish).

*The information and instructions have been taken from the Ryaltris package leaflet.*

## Prepare your nasal spray

1. Shake the bottle for at least 10 seconds. Then remove the cap.
2. The first time you use the nasal spray, you must prime the pump by spraying into the air.
3. Place your forefinger and middle finger either side of the nozzle and your thumb underneath the bottle.
4. Turn the nozzle away from you, then press and release the pump 6 times until you see a fine mist.
5. The pump is now primed and ready for use.
6. If it has been more than 14 days since you last used the spray, re-prime the spray bottle by pumping the spray twice until a fine mist appears.

## Use your nasal spray

1. Shake the bottle for at least 10 seconds before each use (morning and evening).
2. Blow your nose gently to clear your nostrils.
3. Close one nostril with your finger and gently insert the spray tip into the other nostril, pointing it slightly towards the outside of your nose.
4. Tilt your head slightly forward, quickly press down once while gently breathing in through your nose.
5. Breathe out through your mouth.
6. Repeat steps 3 to 5 for a second spray dose in the same nostril.
7. Repeat with two sprays in the other nostril.

To avoid the nozzle becoming blocked, dry it after use with a clean handkerchief or tissue and put the plastic cap back on.

## Storing your nasal spray

- ▶ Keep this medicine out of the sight and reach of children.
- ▶ Use before the expiry date indicated on the bottle and carton after EXP.
- ▶ Do not freeze.
- ▶ The bottle should be used within two months of being opened for the first time.

Take your leftover medicines and empty containers to a pharmacy for destruction.

**Ryaltris™** 25µg mometasone furoate/600µg olopatadine, nasal spray, suspension for adults and children over the age of 12 for the treatment of moderate to severe nasal symptoms associated with allergic rhinitis.

Responsible company: Orion Pharma AB,  
[www.orionpharma.se](http://www.orionpharma.se)

Always read the package leaflet and the information on the packaging.



More information  
is available in  
Swedish at [fass.se](http://fass.se)

