NEW

Clarinaze®

mometasone furoate

ALLERGY CONTROL 0.05% NASAL SPRAY

The objective of this training is to help pharmacists update their knowledge on a new OTC treatment and to use it to train their teams. On completion you will be able to:

- Recognise key product information about Clarinaze Allergy Control 0.05% nasal spray to help with customer conversations
- Be able to give additional advice to customers affected by hayfever
- Train the team on the new POM to P product

- Can start relieving hayfever symptoms in 12 hours*
- The only mometasone furoate product available OTC
- Prescription strength, now available without a prescription
- Once daily**

*In 28% of patients (median onset of relief was 35.9 hours)
**One dose of 1 to 2 sprays in each nostril

POM to P Training

RELIEF FROM THE NASAL SYMPTOMS OF ALLERGY

NHS England has advised Clinical Commissioning Groups (CCGs) that they should no longer prescribe OTC items for mild-to-moderate hayfever as the condition is appropriate for self-care.[1] Therefore, you may find more customers seeking advice to manage their symptoms (such as itchy eyes, sneezing and a runny or blocked nose) at your pharmacy.

Customers affected by hayfever can be advised to try to avoid allergens, and that there are also several OTC products to help with their symptoms. These include oral antihistamines, eye drops and intranasal corticosteroids (INS).

The latest INS product available to buy in pharmacy is Clarinaze Allergy Control 0.05% nasal spray, which contains mometasone furoate. It has been **switched from POM to P** and is the only mometasone furoate product available without a prescription.

You may have seen it prescribed for customers as Nasonex®. You can reassure customers who have had Nasonex® on prescription that they are buying the same strength ingredient OTC.

The next few pages will explain the features and counselling points on Clarinaze Allergy Control 0.05% nasal spray in more detail, to enable you to confidently advise customers on the product.

ACTIVE INGREDIENT

Mometasone furoate 0.05%

Each 100mg actuation contains 50mcg of mometasone furoate. When sprayed into the nose, it **can help to relieve inflammation, sneezing, itching and a blocked/runny nose** caused by seasonal or perennial allergic rhinitis.

NEW

Clarinaze Allergy Control

0.05% nasal spray (P)
(mometasone furoate)

Clarinaze Allergy Control 0.05% nasal spray is newly available as a P medicine.
It contains mometasone furoate 0.05%, a nasal corticosteroid. A new addition to the Clarityn range offering customers a choice of products to help control their allergy symptoms.

INDICATIONS

Suitable for use by adults aged 18 years and over for the relief of the nasal symptoms associated with hayfever and other allergies **such as pet, mould and dust.**

Customers who are **pregnant/ breastfeeding** should consult their GP before use.

CONTRAINDICATIONS

- **Hypersensitivity** to any of the ingredients
- The presence of any **untreated nasal infection**, such as herpes simplex

- Recent **nasal surgery or trauma.**

DOSAGE

Before using the spray for the first time, customers should prime it by shaking the spray and then pressing the pump (about 10 times) until a uniform spray is released.

Two sprays in each nostril once daily. Once the symptoms are controlled, it is recommended to reduce the dose to **one spray in each nostril daily.**

Clarinaze Allergy Control 0.05% nasal spray can start **relieving hayfever symptoms in 12 hours;** however, the full benefit of treatment may not be seen for a few days.

It may be more helpful for customers to **start using the spray before the allergy season starts**.

ARE THERE ANY SIDE EFFECTS?

Side effects may include headache, sneezing, nosebleeds, sore nose/throat, ulcers in the nose or respiratory tract infections.

Customers experiencing **eye problems or persistent nasal problems** should speak to their GP. Nasal effects may include changes to the nasal mucosa.

Instances of raised **ocular pressure** or **visual disturbances** have been reported following use of intranasal corticosteroids.

If a customer reports any side effects, you should report them using the **Yellow Card Scheme** at **www.mhra.gov.uk/yellowcard.**

SPECIAL WARNINGS AND PRECAUTIONS

If symptoms **do not improve within 14 days**, refer the customer to their GP.

This medicine should **not be used continuously for more than three months** without consulting a GP.

Clarinaze Allergy Control 0.05% nasal spray should be used with caution in **customers with tuberculosis infection** or other untreated infections. Customers who are **taking corticosteroids** who are potentially immunosuppressed should be warned of the risk of exposure to infections such as chickenpox.

Note: Be aware of customers who may have previously been taking long-term steroids, due to the risk of adrenal insufficiency (see SPC for further details).

Clarinaze Allergy Control 0.05% nasal spray can be recommended to customers with persistent allergic rhinitis symptoms, particularly **if nasal blockage is the main symptom**. For symptoms of sneezing or a runny nose, Clarityn (loratadine) tablets may be preferred. **If needed, an oral antihistamine can be taken whilst using the nasal spray.**[2]

ADVICE ON

avoiding pollen

TRY: ✔	AVOID: ✘
Wearing wraparound sunglasses	Mowing the lawn
Showering after going outside	Keeping fresh flowers in the house
Closing windows/ doors	Drying clothes outside

REVALIDATION

PLANNED:

Improve my knowledge on treatment of allergies by logging in to the following e-module: **www.pharmacymagazine.co.uk/ clarinaze**

UNPLANNED:

Review the different types of products available OTC for treating hayfever and understand the different modes of action.

References: 1: https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf. **2:** https://cks.nice.org.uk/allergic-rhinitis#!scenario (References last accessed February 2019)

Clarinaze® Allergy Control 0.05% nasal spray
Clarinaze® Allergy Control 0.05% nasal spray (0.05% mometasone furoate). **Indications:** Symptoms of seasonal or perennial allergic rhinitis in adults aged ≥18 years. **Dosage and administration:** Two actuations (50mcg/actuation) in each nostril once daily (total dose 200mcg). Once symptoms are controlled, dose reduction to one actuation in each nostril (total dose 100mcg). Product requires initial priming prior to first use. **Contraindications:** Hypersensitivity to any of the ingredients, presence of untreated localised infection of the nasal mucosa (e.g. herpes simplex), recent nasal surgery or trauma where healing has not yet occurred. **Warnings and precautions:** Treatment should be stopped and medical advice sought if no improvement is seen in 14 days. Do not use for more than 3 months without consulting a doctor. Use with caution in patients with: active or quiescent tuberculosis, untreated fungal, bacterial, or systemic viral infections. Potentially immunosuppressed patients receiving corticosteroids should be warned of risk of infections (e.g., chickenpox, measles) and of the importance of obtaining medical advice if such exposure occurs. Patients on treatment over several months should be examined periodically for changes in nasal mucosa. Product contains benzalkonium chloride which may cause irritation or swelling inside the nose. Treatment is not recommended in patients with nasal septum perforation. Systemic effects of nasal corticosteroids may occur. Instances of increased intraocular pressure have been reported. Patients transferred from long-term administration of systemically active corticosteroids require careful attention. **Side effects:** Epistaxis, pharyngitis, upper respiratory tract infection, headache, nasal burning, nasal irritation, nasal ulceration, throat irritation. **Pregnancy:** No or limited data are available, treatment not recommended unless potential benefit to mother justifies potential risk. **Cost:** £7.69 – 140 actuations. **MA number:** PL 00010/0663. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. **Legal category:** P. **Date of preparation:** October 2018. ® Registered trademark of Bayer

Clarityn Allergy 10mg Tablets contains loratadine.
Indications: Symptomatic treatment of allergic rhinitis and chronic idiopathic urticaria. **MA holder:** Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK (information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at http://www.mhra.gov.uk/spc-pil/?prodName=CLARITYN ALLERGY 10MG TABLETS&subsName=&pageID=ThirdLevel&searchTerm=clar#retainDisplay) **Legal category:** GSL **Date of preparation:** March 2018.

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