

You have been prescribed Ryaltris® (olopatadine/mometasone furoate) nasal spray for your allergic rhinitis (AR). This information sheet explains how to use Ryaltris. You will also find instructions on using your Ryaltris nasal spray in the Patient Information Leaflet (PIL) that comes with every pack. Please read the PIL carefully and ask your doctor or pharmacist if you have any questions.

About your Ryaltris medication

Ryaltris is used to treat the symptoms of moderate to severe seasonal allergic rhinitis (also called hay fever) and perennial rhinitis (which can occur throughout the year) in adults and adolescents 12 years of age or older.¹

Ryaltris contains **two active substances: mometasone furoate**, a corticosteroid (steroid) that works by reducing inflammation, and **olopatadine**, an antihistamine that works by preventing the effects of substances such as histamine produced by the body as part of an allergic reaction.¹

How to use Ryaltris

Ryaltris spray is for nasal use. The recommended dose is **two sprays into each nostril** in the morning and evening.¹

How to prepare your nasal spray bottle before use:

1. Shake the bottle for a minimum of 10 seconds and then remove the protective cap (figure 1).
2. If using the spray for the first time, 'prime' the bottle by pumping into the air.
3. Place your forefinger and middle finger either side of the nozzle and your thumb underneath the bottle.
4. Point the nozzle away, then press down and release the pump 6 times until a fine mist appears (figure 2).
5. The pump is primed and ready to use.
6. If not used for 14 days or more, the bottle must be 're-primed' by pumping the spray 2 times until a fine mist is produced.



Figure 1



Figure 2

How to use your nasal spray:

1. Shake the bottle for a minimum of 10 seconds before each use (morning and evening).
2. Gently blow your nose to clear the nostrils.
3. Close one nostril with your finger and carefully insert the spray tip into the other nostril, pointing it slightly toward the outside of your nose (figure 3).
4. Tilt your head forward slightly, rapidly press down once and sniff gently at the same time.
5. Breathe out through your mouth (figure 4).
6. Repeat the above steps and deliver a second spray in the same nostril.
7. Repeat with 2 sprays in the other nostril.



Figure 3



Figure 4

After using your Ryaltris spray, wipe the nozzle carefully with a clean handkerchief or tissue and replace the cap.

Still have questions? If you have any other questions on the use of Ryaltris nasal spray, speak to your doctor or pharmacist.

Find more information about using, cleaning and storing Ryaltris in the PIL that comes with your medicine, and on the Ryaltris website. Simply visit www.ryaltris.co.uk/patient or scan the QR code opposite:



Reporting of side effects

If you experience any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects, you can help provide more information on the safety of this medicine.

Reference:

1. Ryaltris Patient Information Leaflet.

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Date of preparation: October 2024 NP-UK-RYAL-0345

