

PRODUCT INFORMATION LEAFLET

1. Product Name

Brand Name: Otrivin Moisturising Adult Nasal Drops

Generic Name: Xylometazoline Hydrochloride and Sorbitol Nasal Drops I.P.

2. Qualitative & Quantitative Composition

Contains:

Xylometazoline Hydrochloride I.P..... 0.1% w/v

Sorbitol Solution (70 %) I.P. ... 2.0% w/v

(Non-Crystallising)

In an aqueous buffered vehicle containing Hydroxypropyl Methylcellulose

Preservative:

Benzalkonium Chloride IP..... 0.01% w/v

3. Dosage Form

Nasal Drops

4. Clinical Particulars

4.1. Uses/ Indications

Nasal decongestant. For the relief of blocked nose caused by colds, hay fever or other allergic rhinitis, sinusitis etc.

4.2. Posology and method of administration

Otrivin Moisturising Adult is indicated in adults and in adolescents over 12 years of age as nasal drops. The dose is as follows:

Adults and adolescents over 12 years of age - 2 to 4 drops into each nostril, up to 3 times daily as needed.

Do not exceed 3 applications daily into each nostril. It is recommended to make the last application shortly before retiring to bed, Otrivin Moisturising Adult should not be used for more than 10 consecutive days. If symptoms persist, consult your doctor. Prolonged or excessive use may cause stuffiness in the nose to return or worsen.

Instructions to administer Otrivin Moisturising are as below -

1. Clear the nose.
2. Before using, practice using the dropper to develop good dosage control.
3. Tilt your head back as far as is comfortable or, if lying on a bed, hang the head over the side.
4. Apply the drops into each nostril and keep the head tilted back for a short time to allow the drops to spread throughout the nose.
5. If the drop completely misses the nose, administer the drop again.

6. If any part of the drop gets into the nose, do not administer the drop again.
7. Clean and dry the dropper before replacing it back onto the bottle right after use.
8. To avoid possible spread of infection, the bottle should only be used by one person.

4.3. Contra-indications

Otrivin Moisturising Adult Nasal Drops should not be used if:

- If the child is below 12 years of age.
- You are allergic to xylometazoline or any other ingredients of this medicine
- You have undergone recent trans-nasal surgery (brain surgery where the operation was carried out through the nose or mouth)
- You are suffering from narrow angle glaucoma (increased pressure in eyes)
- You have chronic nasal inflammation with very dry nasal passages (rhinitis sicca or atrophic rhinitis).

4.4. Warnings and Precautions

Otrivin Moisturising Adult, like other sympathomimetic agents, should be used with caution in patients showing a strong reaction to adrenergic substances, as manifested by signs of insomnia, dizziness, tremor, cardiac arrhythmias or elevated blood pressure. Consult your doctor in case of any such signs/symptoms.

Otrivin Moisturising should be used with caution in case of any of the below mentioned condition/s:

- Hypertension, cardiovascular disease
- Hyperthyroidism, diabetes mellitus, phaeochromocytoma
- Prostatic hypertrophy
- Taking or have taken monoamine oxidase inhibitors (MAOI) in the last two weeks
Or taking tri-cyclic and tetra-cyclic antidepressants.

In case suffering from any of the above-mentioned condition/s, please consult your doctor before using Xylometazoline nasal drops.

Do not exceed the recommended dose. If you forget to use Otrivin Moisturising Adult, do not take a double dose to make up for a forgotten one.

4.5. Interaction with other medicaments and other forms of interaction

Monoamine oxidase inhibitors (MAO inhibitors): Xylometazoline may potentiate the action of monoamine oxidase inhibitors and may induce hypertensive crisis. Hence Otrivin Moisturising is not recommended in patients who are taking or have taken MAOIs within the past two weeks.

Tri- and tetra-cyclic antidepressants: concomitant use of tri- or tetra cyclic antidepressants and sympathomimetic preparations may result in an increased sympathomimetic effect of xylometazoline and is therefore not recommended.

4.6. Pregnancy and lactation

Pregnancy: Do not use Otrivin Moisturising Adult during pregnancy.

Breastfeeding: Otrivin Moisturising Adult should only be used if recommended by doctor.

4.7. Effects on ability to drive and use machines, if contra-indicated

Otrivin Moisturising has no effect on the ability to drive and use machines.

4.8. Undesirable effects/side effects

Stop taking Otrivin and tell your doctor immediately if you experience these:

- Common (may affect up to 1 in 10 people) side effects, which include: dryness or irritation of the nasal mucosa, nausea, headache, local burning sensation,
- Very rare (may affect up to 1 in 10,000 people) side effects, which include: Allergic reactions (difficulty breathing or swallowing, swelling of the face, lips, tongue or throat), blurred vision, irregular or fast heartbeat.

4.9. Overdose

Excessive administration of topical Xylometazoline hydrochloride or accidental ingestion may cause severe dizziness, perspiration, severely lowered body temperature, headache, bradycardia, hypertension, respiratory depression, coma and convulsions. Hypertension may be followed by hypotension. Small children are more sensitive to toxicity than adults. In case of accidental ingestion/ overdose, contact your doctor immediately.

Appropriate supportive measures should be initiated in all individuals suspected of an overdose, and urgent symptomatic treatment under medical supervision is indicated when warranted. This would include observation of the individual for several hours.

If you forget to use Otrivin Moisturising Adult, do not take a double dose to make up for a forgotten one.

5. Pharmacological Properties and/or Mechanism of action

Xylometazoline is a sympathomimetic agent acting on alpha-adrenergic receptors in the nasal mucosa. Administered in the nose, it constricts the nasal blood vessels, thereby decongesting the mucosa of the nose and neighboring regions of the pharynx. It also reduces associated symptoms of mucus hypersecretion and

facilitates drainage of blocked secretions. This decongests nasal passages and enables patients suffering from blocked nose to breathe more easily through the nose.

Otrivin Moisturising contains Sorbitol, which is a hygroscopic agent/soothing agent that helps prevent dryness and irritation of the nasal mucosa.

6. Pharmaceutical Particulars

6.1. List of Excipients

Sodium di-hydrogen Phosphate 2H₂O
Disodium Hydrogen Phosphate 12H₂O
Disodium Edetate
Sodium Chloride
Methylhydroxypropylcellulose 4000
Purified Water

6.2. Incompatibilities

Not applicable

6.3. Shelf life

36 months

6.4. Special storage conditions

Keep out of reach and sight of children.
Store protected from Light.

6.5. Nature and specification of the container

10ml, amber coloured glass bottle with Polystyrene dropper.

6.6. Instructions for Use and Handling

FOR EXTERNAL USE ONLY

6.7. Manufacturing License Holder

Vivimed Labs Limited,
D-9, Industrial Area, Haridwar- 249401, Uttarakhand, India.

6.8. Marketed By

GlaxoSmithKline Consumer Private Limited,
Patiala Road, Nabha- 147201, Punjab, India

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