

## PATIENT INFORMATION LEAFLET

### Complementary Medicine

Health supplement

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### SCHEDULING STATUS

S0

**NASOEEZ**, powder for solution

Sodium chloride 62,5 % *m/m*

Sodium bicarbonate 28,5 % *m/m*

Anti-oxidant: Disodium edetate 0,05 % *m/m*

**Read all of this leaflet carefully because it contains important information for you.**

Nasoeez is available without a doctor's prescription, for you to treat a mild illness and to maintain your health. Nevertheless, you still need to use Nasoeez carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Nasoeez with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

### What is in this leaflet

1. What Nasoeez is and what it is used for.
2. What you need to know before you take Nasoeez.
3. How to take Nasoeez.
4. Possible side effects.

5. How to store Nasoeez.
6. Contents of the pack and other information.

## **1. What Nasoeez is and what it is used for**

Nasoeez is a nasal wash and hygiene system and is used to:

- rinse the nasal passages and cleanse and eliminate impurities such as allergens, pollen, dust and mucus;
- moisturise and restore the natural moisture of the nasal mucosa;
- leave the nose hygienically clean;
- loosen crusting and thin nasal secretions;
- help improve breathing.

## **2. What you need to know before you use Nasoeez**

### **Do not use Nasoeez:**

- if you are hypersensitive (allergic) to sodium chloride or sodium bicarbonate or to any of the other ingredients of Nasoeez (listed in section 6);
- if your nose is totally blocked.

### **Warnings and precautions**

Take special care with Nasoeez:

- If symptoms of acute sinusitis, pain, nosebleed or acute discomfort persist, consult your healthcare provider.
- Children under 12 years of age should only use this product under directions of a doctor.

### **Other medicines and Nasoeez**

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

### **Pregnancy, breastfeeding and fertility**

Nasoeez is not expected to have any effect on you or your unborn baby.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before using Nasoeez.

### **Driving and using machines**

It is not always possible to predict to what extent Nasoeez may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Nasoeez affects them.

It is not expected that Nasoeez will affect mental and/or physical abilities to perform or execute tasks or activities requiring mental alertness, judgment and/or sound coordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment.

### **3. How to use Nasoeez**

Always use Nasoeez exactly as described in this leaflet or as your healthcare provider has told you. Check with your healthcare provider if you are not sure.

*For use by adults and children over 12 years of age:*

- Acute Dosage: Use up to 3 times daily.
- Daily Maintenance Dosage: Use once daily.
- Wash hands, bottle, nozzle and tube with mild soap and rinse well.
- Dissolve one sachet Nasoeez in 200ml purified or clean water into application bottle. Tightly screw nozzle and tube onto bottle. Shake well.
- Stand over a washbasin and place rinse bottle tip to one nostril.
- While breathing normally, gently squeeze bottle and rinse nostril (do not close other nostril). Do not force if nostril is totally blocked.

- Let mixture wash through nose and out the other nostril. Alternate for both nostrils until solution is used.
- Discard unused solution and wash utensils after use.

### **If you use more Nasoeez than you should**

It is not expected to have any effect on you if you use more than advised. However, in the event of overdosage, consult your doctor or pharmacist.

### **If you forget to use Nasoeez**

Use the next dose Nasoeez as soon as you remember.

## **4. Possible side effects**

Nasoeez can have side effects.

Not all side effects reported for Nasoeez are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using Nasoeez, please consult your healthcare provider for advice.

Nasoeez can cause irritation of the mucous membrane in the nose,

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### **Reporting of side effects**

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “6.04 Adverse Drug Reactions Reporting Form”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of Nasoeez.

## **5. How to store Nasoeez**

Store all medicines out of reach of children.

- Store at or below 25 °C.
- Store in the original package/container.
- Protect from moisture.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label/carton/bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

## **6. Contents of the pack and other information**

### **What Nasoeez contains**

- The active substances are:

Sodium chloride 62,5 % *m/m*

Sodium bicarbonate 28,5 % *m/m*

- The other ingredients are:

Disodium edetate

As buffers:

Disodium hydrogen phosphate dihydrate

Potassium dihydrogen phosphate

### **What Nasoeez looks like and contents of the pack**

Each carton contains:

1 x 200 ml bottle with a nozzle and tube.

30 x 2 g sachets containing a white powder.

### **Holder of Certificate of Registration**

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Pretoria

Tel: 0120100815

**This leaflet was last revised in**

July 2023

**Registration number**

To be allocated.

**Access to the corresponding Professional Information**

Can be obtained from the SAHPRA website: [www.sahpra.org.za](http://www.sahpra.org.za).