Sodium cromoglicate nasal spray (Rynacrom)

Sodium cromoglicate spray will help to prevent the symptoms of a stuffy, runny or itchy nose (rhinitis).

Use one spray into each nostril two to four times daily.

If you are using it for hay fever, start using it 2-3 weeks before the hay fever season begins and use it regularly, even if your symptoms are well controlled.

About sodium cromoglicate nasal spray

<table>
<thead>
<tr>
<th>Type of medicine</th>
<th>An anti-allergy medicine</th>
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<tbody>
<tr>
<td>Used for</td>
<td>Nasal symptoms caused by allergies (in adults and children)</td>
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<tr>
<td>Also called</td>
<td>Cromolyn sodium (in US); Rynacrom®</td>
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<tr>
<td>Available as</td>
<td>Nasal spray</td>
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Sodium cromoglicate nasal spray is used to prevent allergic rhinitis. This is a condition where the inside of your nose becomes inflamed and irritated. Common symptoms include sneezing, a blocked or runny nose, and an itchy nose. It is commonly caused by allergies to substances such as pollen (as in hay fever) and animal fur.

Sodium cromoglicate makes some of the cells of your body which are involved in an allergic reaction, more stable. As these cells become more stable, the release of certain chemicals which are responsible for the production of allergic reactions is reduced; this helps to prevent the symptoms of allergic rhinitis from developing.

Sodium cromoglicate nasal spray is available on prescription, or you can buy it without a prescription at a pharmacy.

Before using sodium cromoglicate nasal spray

To make sure this is the right treatment for you, before you start using sodium cromoglicate nasal spray it is important that your doctor or pharmacist knows:

- If you have ever had an allergic reaction to a medicine.
- If you are pregnant, trying for a baby or breast-feeding. This is because, while you are expecting or feeding a baby, you should only take medicines on the recommendation of a doctor.

How to use sodium cromoglicate nasal spray

1. Read the manufacturer’s instructions to make sure you know how to work the spray.
2. Remove the protective cap. (Before you use the spray for the first time, activate the spray a few times until you can see a fine mist in the air.)
3. Blow your nose gently to clear it.
4. Close one nostril by placing a finger against one side of your nose. Then, using your other hand, put one finger on each side of the nozzle of the bottle and insert the nozzle into your open nostril. Try to keep the bottle upright as you do this.

5. Breathe in through your nose as you press down on the nozzle to activate the spray. Then remove the nozzle from your nostril and breathe out through your mouth.

6. Use the spray in your other nostril by repeating the steps above.

7. Wipe the nozzle with a clean tissue and replace the cap. (If the nozzle becomes blocked, you can remove it from the bottle and rinse it under warm water).

Getting the most from your treatment

- Before you start the treatment, read the manufacturer’s printed information leaflet from inside the pack. This will give you a step-by-step guide of how to use the spray, and will also provide you with a list of any side-effects which you may experience from using it.
- The usual recommended dose is one spray into each nostril two to four times each day. It is important that you use the spray regularly even if your symptoms are well controlled. This is because it works by stopping the allergy from starting, rather than by treating symptoms that have developed. Your doctor will advise you about how long you should use the spray for.
- If you are using the spray for hay fever, your doctor may recommend that you start using it 2-3 weeks before the hay fever season starts. This is because it takes a few days of treatment for the benefit to develop.
- If you forget to use the spray at your usual time, you can use it as soon as you remember, but do not ‘double up’ any doses.

Can sodium cromoglicate nasal spray cause problems?

Along with their useful effects, many medicines can cause unwanted side-effects although not everyone experiences them. Side-effects from treatment with sodium cromoglicate do not commonly occur, but it can cause mild irritation in a few people. If this happens to you and it becomes troublesome, you should let your doctor know.

How to store sodium cromoglicate nasal spray

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

If you are having an operation or dental treatment, tell the person carrying out the treatment which medicines you are taking.

If you buy any medicines, check with a pharmacist that they are safe to take with your other medicines.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.
Further reading & references


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