

Read all of this leaflet carefully before you start using this medicine.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- In this leaflet, Betnesol Eye, Ear & Nose Drops will be called Betnesol Drops.

**In this leaflet:**

1. What Betnesol Drops are for
2. Before you use Betnesol Drops
3. How to use Betnesol Drops
4. Possible side effects
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### 1. What Betnesol Drops are for

Betnesol Drops belong to a group of medicines called corticosteroids ('steroids' for short).

Betnesol Drops work by reducing inflammation (redness, itching and soreness). Betnesol Drops are used to treat inflammation of the eye, ear or nose where there is no infection.

It is important to use this medicine to prevent any damage to the delicate tissues of your eyes, ear or nose and to prevent any infection developing.

### 2. Before you use Betnesol Drops

**Important: Never use this medicine in your eye without first checking with your doctor. If it is used for the wrong condition, it could lead to blindness.**

Do not use Betnesol Drops if:

- You are allergic to betamethasone
- You are allergic to any of the other ingredients of Betnesol Drops (listed in section 6)
- You have not checked your eye condition with your doctor first. If this medicine is used in your eye, for the wrong

condition, it could lead to blindness.

- You have an infection in the eye, or it is producing pus and is sticky
- You have ulcers in your eye (shingles)
- You have glaucoma (increased pressure in the eye)
- You have a perforated ear drum
- You wear soft contact lenses.

If any of the above applies to you talk to your doctor or pharmacist.

**Check with your doctor before using Betnesol Drops if:**

- You have been treated with Betnesol or similar corticosteroid drops recently. You should not use corticosteroids for a long time without regular medical check-ups from your doctor
- You have redness in your eyes for which you do not know the cause. Steroid treatment must not be given unless the cause of the redness is known
- You have an infection of the lining of your nose, which is not being treated
- You have recently had surgery on your nose which has not yet healed
- You have tuberculosis (TB).
- You have thinning of the cornea or sclera (the tissues which cover the outer surface



of the eye). Using these drops could lead to a hole in the eyeball.

- You are giving this medicine to a baby. Using this medicine for a long time in babies may cause the adrenal gland to stop working properly.

If any of the above applies to you, talk to your doctor or pharmacist.

**Taking other medicines**

Tell your doctor if you are taking any other medicine, including medicines obtained without a prescription.

**Pregnancy and breast-feeding**

If you are pregnant, trying to become pregnant or breast-feeding ask your doctor or pharmacist for advice before using Betnesol Drops. If you use this medicine while pregnant, there may be a small risk of cleft palate or retarded growth in the foetus.

**Driving and using machines**

Betnesol Drops may cause temporary blurred vision and lightheadedness. If this happens to you, do not drive or use machinery until you return to normal.

**Warnings about the ingredients in Betnesol Drops**

This medicine contains benzalkonium chloride as a preservative which may cause skin reactions or eye irritation.

Avoid contact with soft contact lenses.

Remove contact lenses prior to application and wait at least 15 minutes before reinsertion. Benzalkonium chloride is known to discolour soft contact lenses.

### 3. How to use Betnesol Drops

**Important: Your doctor will choose the dose that is right for you. Your dose will be shown clearly on the label that your pharmacist puts on your medicine. If it does not, or you are not sure, ask your doctor or pharmacist.**

Things to remember about your dose:

- Always use Betnesol exactly as your doctor has told you
- How often you use the drops will depend on how your body responds to the treatment
- Use as few drops as possible for the shortest possible time.

**Getting ready to use your medicine**

Check that the seal on the bottle is not broken before using Betnesol Drops for the first time. Wash and dry your hands. Do not breathe on or touch the dropper nozzle.

### Using your medicine

**If there is no improvement in your symptoms after 7 days, stop using the drops and see your doctor again.**

#### Eyes

- The usual dose is 1 or 2 drops put into the eye every one or two hours
- Once the redness, itching and soreness starts to feel better, apply the drops less often.

1. Tilt the head back
2. Gently pull lower eyelid downwards and outwards
3. Place drops in the gap between the lid and eye (squeeze bottle very gently if necessary)
4. Blink a few times to spread out the drops
5. Repeat for the other eye if needed.

#### Medical check-ups

If you are using this medicine for your eyes and you use it for a number of weeks, your doctor may ask you to have check-ups.

These are to make sure that your medicine is working properly and that the dose you are taking is right for you. Your doctor will check your eyes for:

- An increase in pressure
- Cataracts
- Infection.



## Ears

- The usual dose is 2 or 3 drops put into the ear every two or three hours
  - Once the redness, itching and soreness starts to feel better, apply the drops less often.
1. Tilt the head to one side
  2. Place drops in the ear canal (squeeze bottle gently if necessary)
  3. Keep head tilted for a minute or two to let the drops soak in
  4. Repeat for the other ear if needed.

## Nose

The usual dose is 2 or 3 drops put into each nostril two or three times each day.

1. Tilt head backwards
2. Place drops in nostril (squeeze bottle gently if necessary)
3. Keep head tilted and sniff gently to let the drops soak in
4. Repeat for other nostril if needed.

### Medical check-ups

Your doctor will regularly check the growth of children who are taking Betnesol by nose over a long period of time.

**If you use more Betnesol Drops than you should**

If you accidentally use too much Betnesol Drops it is unlikely to lead to any serious side effects. However, if you are concerned, contact the nearest hospital casualty department or your doctor.

It is important that you take your dose as stated on the pharmacist's label or as advised by your doctor. You should use only as much as your doctor recommends; using more or less may make your symptoms worse.

### If you forget to use Betnesol

Do not use a double dose to make up for a missed dose. Simply use the next dose as planned.

### How to stop using Betnesol Drops

Do not stop using Betnesol Drops without first talking to your doctor.

If you have been using Betnesol Drops for a long period of time (around 6 to 8 weeks), then you should stop using it gradually, to avoid the inflammation coming back.

If you have any further questions about the use of this medicine, ask your doctor or pharmacist.

## 4. Possible side effects

Like all medicines Betnesol Drops can cause

side effects, although not everybody gets them. These may include:

- Ulcers on the surface of the eye (cornea). Tell your doctor if your eye becomes painful and if you have blurred vision which does not improve after a few minutes
- Increased pressure in the eye (glaucoma) which can lead to problems with your sight
- A hole in the eyeball (if you have a disease which cause thinning of the surface of the eye)
- Cataracts (clouding of the lens of the eye)
- Enlarged pupils
- Drooping of the eyelid
- Swelling and redness of the outer surface of the eye
- Blurred vision and other alterations to your sight
- Itchy, red or irritated skin. This may not appear until sometime after you have started to use the medicine
- A burning or stinging sensation on your skin. This may not appear until sometime after you have started to use the medicine

If you are using Betnesol Drops for your nose, you may also experience some of the following side effects:

- If you are a child, Betnesol Drops may slow your growth
- Difficulty breathing
- A hole or ulcers of the tissue that divides your nose (nasal septum)
- Irritation and dryness in the nose
- Sneezing
- Headache
- Light-headedness
- Rash
- Feeling sick
- Nosebleeds
- Blocked nose
- Changes in your senses of smell and taste.

Using too much of this medicine for a long time can prevent your adrenal gland from working properly and producing your body's own natural steroids (known as adrenal suppression). This means that when you stop using Betnesol Drops, you could experience the following effects:

- Low blood pressure which may make you feel faint
- Fever
- A runny nose
- Painful itchy skin
- Redness of the eye (conjunctivitis)
- Muscle and joint pain
- Weight loss.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

## 5. How to store Betnesol Drops

Keep out of the reach and sight of children. Do not use Betnesol Drops after the expiry date on the label. The expiry date refers to the last day of that month. The bottle should be disposed of 28 days after first opening, even if there is solution remaining.

Store Betnesol Drops below 25°C and in the original carton to protect it from light. Do not freeze.

Medicines should not be disposed of via wastewater or household waste. Return any medicine you no longer need to your pharmacist.

## 6. Further information

### What Betnesol Drops contain

The active substance is betamethasone sodium phosphate at a concentration of 0.1%.

The other ingredients are bezalkonium chloride solution, disodium hydrogen

phosphate anhydrous, sodium chloride, disodium edetate, sodium hydroxide (E524), phosphoric acid and water for injections.

### What Betnesol Drops look like

Betnesol Drops is an eye, ear and nose drops solution. It is a clear, colourless liquid. Betnesol Drops come in 5 ml or 10 ml plastic bottles with a built-in nozzle and a tamper-evident plastic cap.

### Marketing Authorisation Holder

RPH Pharmaceuticals AB, Lagervägen 7, 136 50 Haninge, Sweden.

### Manufacturer

Excelvision, 27, rue de la Lombardière, ZI La Lombardière, 07100 Annonay. Distributed by Focus Pharmaceuticals Ltd.

This leaflet was last updated in August 2012.

If this leaflet is difficult to see or read or you would like it in a different format, please contact RPH Pharmaceuticals AB, Lagervägen 7, 136 50 Haninge, Sweden.

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