Dymista®

**fluticasone propionate/
azelastine hydrochloride**

Your Dymista®
nasal spray

For patients who have
been prescribed Dymista®
nasal spray.

Why have I been prescribed Dymista®?

Your doctor has given you Dymista® to treat
your allergic rhinitis (AR).

What are the symptoms?

Common symptoms are:

Eyes: swollen, red, itchy, watering.

Nose: runny, blocked, itchy, sneezing.

Throat: excess mucus, itchy.

What is Dymista®?

Dymista® is a nasal spray that helps relieve
the symptoms of moderate to severe AR
that affect the eyes and nose.

It contains a combination of fluticasone
propionate (nasal steroid) and azelastine
hydrochloride (nasal antihistamine), and
tackles both seasonal and perennial AR.

How do I take Dymista®?

Taking your Dymista® is simple – just one spray
into each nostril, in the morning and once
again in the evening.

Preparing your Dymista® nasal spray

• Gently shake the bottle for 5 seconds
  by tilting it upwards and downwards

• Remove the protective cap

• Before initial use, prime by pumping the
  bottle 6 times until a fine mist is released

• If the pump has not been used for more
  than 7 days, press down and release the
  pump once

How to use

1 Blow your nose to clear the nostrils.

2 Tilt your head downwards, towards
your toes. Hold this position while
carefully inserting the spray tip into
one nostril and use your finger to
keep the other nostril closed.

3 The spray tip should be pointed
towards the outer part of your
nose and not the nasal septum
(the internal wall between your 2
nostrils). While keeping the bottle
upright, pump once firmly while
breathing in through your nose
gently, do not sniff.

Repeat in the other nostril.

Finally, wipe the spray tip with a
tissue and replace the cap.

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Treating your allergic rhinitis (AR) with Dymista® nasal spray

What is allergic rhinitis?
More than 1 in 5 people in the UK suffer from AR – AR is inflammation of the inside of the nose caused by an allergen, such as pollen, dust, mould, or flakes of skin from certain animals. There are two types of AR, each with their own set of allergens.

Perennial AR causes symptoms all year round. Allergens include house dust mites, pets and indoor moulds.

Seasonal AR (commonly referred to as hay fever) only occurs for part of the year. Allergens include tree, grass and weed pollens.

How do I reduce my symptoms?
The best way to prevent an allergic reaction is to avoid the allergens

Seasonal AR
- Shower and change your clothes after high pollen exposures
- Stay inside when the pollen count is high (Early morning and late evening)
- Wear wrap-around sunglasses
- Keep windows closed as much as possible
- Apply nasal filters, balms ands ointments to your nose

Perennial AR
- Wash bedding regularly
- Encase mattress, pillow and duvet with anti-allergen covers
- Wash or vacuum upholstery regularly
- Try to limit pets to one room, especially not the room in which you sleep
- Vacuum carpets regularly

Different types of allergens occur at different times of the year.
The peak periods have been highlighted below:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Tree pollen									
				Grass pollen							
					Weed pollen						
House dust mites, mould, animal dander, dust etc.											

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