

Dymista®

fluticasone propionate/
azelastine hydrochloride

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.

Your Dymista® nasal spray

For patients who have been prescribed Dymista® nasal spray.



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.

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 and 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.											

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects with any medicine or vaccine to the medicines regulator MHRA through the Yellow Card Scheme.

It is easiest and quickest to report side effects online via the Yellow Card website: <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in the Google Play or Apple App Store.

Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary), by emailing yellowcard@mhra.gov.uk, by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789, or by downloading and printing a form from the Yellow Card section of the MHRA website. You can also report side effects direct to the marketing authorisation holder at pv.uk@viatris.com.

Provided as a service to patient education by Viatris. For patients prescribed Dymista[®]. Always refer to the patient information leaflet for detailed instructions