

# Nozoil® Nasal Drops and Nasal Spray Consumer Medicine Leaflet



## What is in this leaflet

Please read this leaflet carefully before you use Nozoil®. This leaflet answers some common questions about Nozoil®. It does not contain all the available information and does not take the place of talking to your doctor or pharmacist. If you have concerns about taking Nozoil®, ask your doctor or pharmacist. Keep this leaflet with the medicine as you may need to read it again.

## Product Description

### What Nozoil® looks like



Nozoil® is packaged in a white plastic bottle fitted with either a metered pump nasal spray applicator or a drop applicator. Nozoil® is made from pharmaceutical grade sesame oil and contains all three naturally occurring forms of Vitamin E.

## How Nozoil® works

Nozoil® helps minimise symptoms of nasal dryness and crusting. Nozoil® has also been proven superior to isotonic saline in moisturising dry and irritated nasal tissue.

## What Nozoil® is used for

Nozoil® can be used to provide temporary relief of dry and crusting nasal tissue. Your doctor or pharmacist may recommend Nozoil® in any of the following situations:

- Following Nasal Surgery – the effected area may be dry and crusty. Nozoil® helps moisturise these tissues during the healing process.
- Nasal medication side effects – Some nasal steroid sprays for hay fever and other sinus/nasal conditions may cause dryness and crusting.
- Acne medication side effects – Some acne treatments may cause dryness and crusting.
- Colds and Flu – during and after a cold or flu when crusting may occur.
- Low humidity environments - when exposed to air conditioned environments or cabin air on aircraft journeys.
- Nasal CPAP and Oxygen therapy - often requires high flow rates of air or oxygen via the nasal passages over an extended period of time. Clinical trials have shown Nozoil® to alleviate these symptoms and improve the comfort of therapy.
- After Radiation Therapy - this treatment results in the accumulation of mucus in the nose and sinuses and as it dries the mucus becomes very crusty. Clinical studies have shown Nozoil® alleviates these symptoms within a few days. If the treatment of Nozoil® is stopped, symptoms will quickly recur.
- Older People - changes to the lining of the nose and the cartilages in the nose are common. This results in the nose becoming either dry & crusty or wet and dripping. These symptoms can be relieved with the use of Nozoil®.

## Before using Nozoil®

### When you must not use it

- Do not use Nozoil® if you have ever had an allergic reaction to Sesame Seeds (this is not the same as an allergic reaction to nuts).

Note: Nozoil® contains pharmaceutical grade sesame oil which is free from husks and other allergy causing impurities.

- Do not use Nozoil® after the expiry date printed on the pack or after 3 months from first use.
- Do not use Nozoil® if the packaging is torn or shows signs of tampering.

### Before you start to use Nozoil®

You must tell your doctor or pharmacist if you:

- Are also suffering from regular nose bleeds
- Have a nasal or sinus infection
- Have any allergic reactions

## Taking other medication

Nozoil® is unlikely to affect the way other medicines work. However, you should tell your doctor or pharmacist if you are taking other medicines, including medicines you buy without a prescription from a pharmacy, supermarket, or health food shop. Your doctor or pharmacist will be able to tell you what to do when using Nozoil® with other medicines.

## How to use Nozoil®

Nozoil® is available in two presentations – either as a metered pump nasal spray applicator or as a nasal drop applicator. Depending on your preference and needs, you may find one more suitable than the other. Refer below for specific directions for each.

## Nasal Spray administration

NOTE: Nozoil® is delivered as a gentle jet or stream (not a fine mist).

Before first use you will need to prime the pump. This can be done by activating the pump 3 – 4 times or until Nozoil® is first seen. Do not insert any sharp object into the nozzle as this will damage the pump delivery system.

## Dosage:

**Adult:** 1-2 squirts per nostril as often as required.

**Children under 12 years:** 1 squirt per nostril twice daily.

## Directions

To apply Nozoil<sup>®</sup>, remove the protective cap from the nozzle. Tilt head slightly back and place the tip of the



nozzle into one nostril. Angle the nozzle backwards and then apply dose. Repeat the procedure for the other nostril. Gently pinch nostrils together, hold for a few seconds and then straighten head to the upright position. Wipe away any excess oil using a tissue. There is no need to sniff as the oil will be carried up into the nasal tissues by the natural action of the nasal lining. After using Nozoil<sup>®</sup> wipe the nozzle carefully with a clean tissue and replace the protective cap.

## Nasal drop administration

### Dosage:

**Adult:** 2-4 drops per nostril as often as required.

**Children under 12 years:** 1-2 drops per nostril twice daily.

## Directions

Remove the outer cap and tilt head back. Turn the Nozoil<sup>®</sup> bottle upside down and place the nozzle tip



into nostril. Apply dose. Repeat procedure for the other nostril. Gently pinch nostrils together, hold for a few seconds and then straighten head to the upright position. Wipe any excess oil using a tissue. There is no need to sniff as the oil will be carried up into the nasal tissues by the natural action of the nasal lining. After using Nozoil<sup>®</sup> wipe the nozzle carefully with a clean tissue and replace the cap.

## Precautions & Side Effects

### Precautions

- If you have any known allergy to Sesame Seed, alpha tocopherol or hydroxybenzoates, do not use this product. Consult your doctor or pharmacist.

Note: Nozoil<sup>®</sup> contains pharmaceutical grade sesame seed which is free from husks and other allergy causing impurities.

- Previous sinus surgery may result in oil finding its way into your eyes. Check with your surgeon before using this product.
- Your nose continues to bleed. Sometimes dryness and crusting in the nose may result in bleeding. If the bleeding is severe or does not respond to Nozoil<sup>®</sup> within two days, consult your doctor.
- It is best to use Nozoil<sup>®</sup> at least one hour before going to bed to ensure it is uniformly dispersed throughout the nasal passages.
- Do not share this medicine. Sharing this container may lead to cross-infection.

### Side Effects

There have been relatively few side effects reported with the use of Nozoil<sup>®</sup>, and they are considered minor, ranging from itching to a feeling of nasal blockage. Check with your pharmacist or doctor as soon as possible if you have any problems while using Nozoil<sup>®</sup>. Discontinue use if irritation occurs.

See your doctor or pharmacist if:

- You have an allergic reaction. If you have an allergic reaction to Nozoil<sup>®</sup>, TELL YOUR DOCTOR IMMEDIATELY or go to the emergency department at your nearest hospital.
- You develop signs or symptoms of a nasal or sinus infection such as fever, pain or swelling, or discoloured nasal discharge.

## Nozoil<sup>®</sup> during pregnancy and breast feeding

- Nozoil<sup>®</sup> can be used during pregnancy and breast feeding

## After Using Nozoil<sup>®</sup> Storage

Keep this medicine below 25°C. Protect it from frost and light. Heat and dampness can destroy some medicines. Keep Nozoil<sup>®</sup> in its pack until time of use. Discard Nozoil<sup>®</sup> within 3 months after first use.

## Ingredients

Nozoil<sup>®</sup> contains Sesame Oil 1mL/mL. Also contains Hydroxybenzoates.

## Further Information

If you have any further questions or are not sure about anything in this leaflet, ask your doctor or pharmacist. Do not throw this leaflet away as you may need to read it again.

## Distributor



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**AUST L 93718:**  
Nozoil<sup>®</sup> Drops 15mL

**AUST L 125247:**  
Nozoil<sup>®</sup> Spray 15mL