**Children’s Allergy Clinic**

**How to make AVAMYS® Nasal Spray ready to use**

Prime AVAMYS® before using it for the first time. This helps to make sure you always get the same full dose of medicine:

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| 1. With the cap on, shake AVAMYS® well. | |
| 2. Take the cap off by squeezing the finger grips and pulling it straight off.  Do not press the button while you take off the cap. |  |
| 3. Hold the device with the nozzle pointing up and away from you.  Firmly press the button on the side all the way in to release a spray through the nozzle. If you have difficulty pressing the button with your thumb, you can use both hands.  Press and release the button 6 times or until a fine mist is sprayed from the nozzle. AVAMYS® is now ready to use. |  |
| 4. Remember to prime AVAMYS® whenever: | • You use a new bottle for the first time.  • You have not used AVAMYS® for 30 days or longer.  • The cap has been left off the bottle for 5 days or longer. |
| 5. If you accidentally drop AVAMYS® check it for damage and prime it again.  If the device is damaged, or if it produces anything other than a fine mist (such as a jet of liquid) or if you feel any discomfort while using the spray, do not use it. Consult with your pharmacist. | |

**How to use AVAMYS®:**

**Shake well before each use.**

AVAMYS® is provided in an easy-to-use device. Before taking a dose of AVAMYS®, gently blow your nose to clear your nostrils.

**Then do these 3 simple steps: Place, Press, Repeat.**

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| 1. Place  Tilt your head forward a little bit. Hold AVAMYS® upright.  Place the nozzle in one of your nostrils.  Point the end of the nozzle toward the side of your nose, away from the center of your nose. This helps get the medicine to the right part of your nose. |  |
| 2. Press  Firmly press the button 1 time to spray the medicine in your nose while you are breathing in through your nose. |  |
| Take the nozzle out of your nose. Breathe out through your mouth. |  |
| 3. Repeat  Steps 1 and 2 in the other nostril. Take number of sprays in each nostril as directed by your physician.  Put the cap back on the device after you have finished taking your dose. |  |
| Do not get any spray in your eyes. If you do, rinse your eyes well with water. | |

**How to clean AVAMYS®:**

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| 1. After each use, wipe the nozzle with a clean, dry tissue.  If the spray becomes blocked, never try to clean the nozzle with a pin or anything sharp because this may damage the spray mechanism.  If it does not work, consult with your pharmacist. |  |
| 2. Once a week, clean the inside of the cap with a clean, dry tissue.  This will help keep the nozzle from getting blocked. |  |

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http://www.gsk.ca/english/docs-pdf/product-monographs/Avamys.pdf