NEW FULL PRESCRIPTION STRENGTH • NON-DROWSY

FLONASE ALLEGER RELIEF
Fluticasone Propionate (Glucocorticoid) 50 mcg Per Spray
Allergy Symptom Reliever Nasal Spray

24 Hour Relief of:
- Itchy, Watery Eyes
- Nasal Congestion
- Runny Nose
- Itchy Nose
- Sneezing

60 METERED SPRAYS
0.34 fl oz (9.9 mL)

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Reference ID: 3598183
USE THE RIGHT DOSE

FLONASE® Allergy Relief works best when you use it daily. Here’s how to get started.

**Children age 4-11**
- Use one spray in each nostril once daily.
- **2x**
- Don’t use more than one spray in each nostril per day.

**Users age 12 or older**
- Use two sprays in each nostril every day.
- **2x**
- Don’t use more than two sprays in each nostril per day.
- **for your first week**
- If your symptoms are
  - under control, you may reduce to one spray in each nostril every day.
  - If your symptoms get worse, go back to two sprays in each nostril.
- If you miss a dose, just use your regular dose the next day. Don’t add an extra dose.

**If you miss a dose**
- Just use your regular dose the next day. Don’t add an extra dose.

Keep it clean

1. Remove spray nozzle by gripping at base and pulling up.
2. Rinse under running tap, and dry at room temperature.
3. Aim away from your face and gently replace spray nozzle until you hear a soft click.
4. If spray nozzle is clogged, soak in warm water. Then repeat steps 2 and 3.

FLONASE® Allergy Relief

Quick Start Guide

How to start getting allergy relief right now:

1. **Shake**
   - Gently shake spray bottle.

2. **Prime**
   - Blow nose gently to clear nostrils.
   - Aim away from face.
   - Grip spray bottle as shown. Pump until mist appears.

3. **Breathe and spray**
   - Blow nose gently to clear nostrils.
   - Close one nostril and put tip of spray nozzle in other nostril.
   - While sniffing gently, press down on spray nozzle once or twice (according to dosing instructions). You’ll feel a light mist in your nose. Breathe out through your mouth.
   - Repeat in other nostril.
   - When spray nozzle feels clogged, soak in warm water. Then repeat steps 2 and 3.

Dosage and Cleaning Instructions

Avoid contact with eyes.

Reference ID: 3598183
Question and Answer booklet will have alternate version without coupon information on front, back and inside back cover.
FLONASE® ALLERGY RELIEF

QUESTION & ANSWER BOOK

WHAT FLONASE IS, HOW TO USE IT, AND WHAT TO EXPECT

Reference ID: 3598183
Welcome to a different kind of allergy relief! This book answers questions you may have about FLONASE® Allergy Relief.

Watch for purple color – it shows where there is different information for children ages 4-11, compared to users age 12 or older.

UNDERSTANDING FLONASE
What FLONASE is, and how it works.

PAGE 4

USING FLONASE
How to get the best results with FLONASE.

PAGE 14

WHAT TO EXPECT
What it's like to use FLONASE.

PAGE 26

Reference ID: 3598183
What is FLONASE® Allergy Relief?

FLONASE Allergy Relief is an effective, allergy medicine that you can now buy without a prescription. It works directly in the nose to help block your allergic reactions. FLONASE relieves allergy symptoms caused by pollen, mold, dust and pets.
What happens when you have allergies?

Allergies start when allergens like pollen or pet dander enter your body and trigger your immune system to respond.

Your body’s natural response is to release multiple inflammatory substances, (also referred to as mediators) that cause your allergy symptoms.

How does FLONASE® work?

FLONASE Allergy Relief works right in your nose to help block your allergic reaction at the source to relieve the symptoms that make you uncomfortable.

FLONASE acts on multiple inflammatory substances, including histamine, prostaglandins, cytokines, tryptases, chemokines and leukotrienes.

Most common OTC allergy pills act on histamine alone.

Because of the way it works, it may take several days for FLONASE to reach maximum effect. That’s why it’s best to use FLONASE regularly, once a day.

FLONASE not only relieves sneezing, itchy nose, runny nose and itchy, watery eyes, but also relieves nasal congestion.
What problems can FLONASE® Allergy Relief help with?

Allergies can cause uncomfortable symptoms like congestion and itchy eyes. These symptoms can be triggered by allergens like pollen, mold, dust or pet dander.

**Symptoms**

<table>
<thead>
<tr>
<th>Nasal symptoms</th>
<th>Eye symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congestion</td>
<td>Itchy eyes</td>
</tr>
<tr>
<td>Runny nose</td>
<td>Watery eyes</td>
</tr>
<tr>
<td>Sneezing</td>
<td></td>
</tr>
<tr>
<td>Itchy nose</td>
<td></td>
</tr>
</tbody>
</table>

**Triggers**

<table>
<thead>
<tr>
<th>Outdoor allergens</th>
<th>Animal allergens</th>
<th>Indoor allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weed pollen</td>
<td>Cats</td>
<td>Dust</td>
</tr>
<tr>
<td>Grass pollen</td>
<td>Dogs</td>
<td>Dust mites</td>
</tr>
<tr>
<td>Tree pollen</td>
<td></td>
<td>Mold</td>
</tr>
<tr>
<td>Mold spores</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What is the active ingredient in FLONASE® Allergy Relief?

The active ingredient in FLONASE Allergy Relief is called fluticasone propionate. Fluticasone propionate is a glucocorticoid— a substance produced naturally by your body to help fight inflammation. It works in your nose to relieve your allergy symptoms. Barely any of it travels through your body. It’s been prescribed by doctors for over 20 years, and used effectively by millions.

A glucocorticoid is a kind of steroid that is different from the anabolic (muscle-building) steroids sometimes misused by athletes. In fact, world class athletes are allowed to use glucocorticoids during competition to treat their allergies.

Can I use FLONASE for asthma?

No, FLONASE is not a treatment for asthma. Ask your doctor what medicine to take for your asthma.

Can I use FLONASE for colds?

No, use FLONASE to treat only your allergies—not your cold symptoms. If you’re not sure whether your symptoms come from allergies or a cold, ask your doctor.
UNDERSTANDING FLONASE

Who should not use FLONASE® Allergy Relief?
For complete guidance, check the Drug Facts label on the back of the FLONASE Allergy Relief package.

Who should check with a doctor first?
Some people should not use FLONASE, or need to check with a health professional first. This table offers a quick summary of these situations.

<table>
<thead>
<tr>
<th>If you...</th>
<th>Here's what to do...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are younger than 4</td>
<td>Do not use FLONASE</td>
</tr>
<tr>
<td>Are pregnant or breast-feeding</td>
<td>Talk to a health professional before using FLONASE</td>
</tr>
<tr>
<td>Have or had glaucoma or cataracts</td>
<td>Talk to your doctor before using FLONASE</td>
</tr>
<tr>
<td>Have an injury or surgery to your nose that is not fully healed</td>
<td>Do not use FLONASE</td>
</tr>
<tr>
<td>Have ever had an allergic reaction to FLONASE or any of its ingredients</td>
<td>Do not use FLONASE</td>
</tr>
<tr>
<td>Are taking medicine for HIV infection (such as ritonavir)</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
<tr>
<td>Are taking ketoconazole pills (medicine for fungal infection)</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
<tr>
<td>Are using a steroid medicine for asthma, allergies, skin rash, allergic reactions, inflammation or eye conditions</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
</tbody>
</table>
Read the Drug Facts label on the back of the package or the Quick Start Guide that came in the package for simple directions on using FLONASE Allergy Relief.

Remember there is a different dosing amount for children age 4-11 compared to users age 12 or older.

If you still have questions about using FLONASE after reading the Quick Start Guide, read this section for answers.
## USING FLONASE

### What are the differences in the way children age 4-11 should use FLONASE Allergy Relief?

Children age 4-11 should use a **lower dose** of Flonase for a **shorter period of time**.

<table>
<thead>
<tr>
<th>Ages</th>
<th>Children 4-11 years of age</th>
<th>Users 12 years of age and older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dosage</strong></td>
<td>1 spray in each nostril once daily</td>
<td>Up to 2 sprays in each nostril once daily</td>
</tr>
<tr>
<td><strong>Duration before checking with a doctor</strong></td>
<td>Up to 2 months of use a year</td>
<td>Up to 6 months of daily use</td>
</tr>
</tbody>
</table>

### Why is the use of FLONASE Allergy Relief for children age 4-11 limited to 2 months a year before checking with a doctor?

When used long-term, intranasal glucocorticoids like FLONASE may cause the growth rate of some children to be slower. Whether this will affect a child’s ultimate height is not known. As a precaution, children should use for the shortest amount of time necessary to achieve symptom relief. Talk to your child’s doctor if your child needs to use the spray for longer than 2 months a year.
I know how to use a nasal spray. Why do I have to follow the directions?

If you don’t use the spray bottle correctly, you might not get a full dose. Without a full dose each time, you might not get the relief you deserve.

Follow the simple directions in the Quick Start Guide that came in the package.

If my symptoms go away, should I stop using FLONASE® Allergy Relief?

You may be tempted to stop using FLONASE Allergy Relief when you start to feel better. It’s important you keep using FLONASE daily as long as you’re exposed to allergens that bother you, like pollen, mold, dust or pet dander. This way you’ll keep feeling relief.

Can I keep using FLONASE® Allergy Relief year round?

Some people suffer from allergies all year. If you are age 12 or older and have used FLONASE Allergy Relief steadily for six months or age 4-11 and have used for two months a year, check with your doctor to make sure it’s OK to keep using FLONASE daily.

In fact, it’s a good idea for anyone with persistent allergies to talk with a doctor every so often about symptoms and medicines.
**USING FLONASE**

**What if I miss a dose by accident?**

If you miss a dose, just use your regular dose the next day. Don’t add an extra dose to make up for it.

**Won’t I waste product by priming?**

It’s not a waste to prime the pump, because it helps you get a full dose. Getting a full dose is important for getting the relief you deserve. See the Quick Start Guide for when and how to prime the pump.

Don’t worry about running out due to priming. There is enough medicine in the spray bottle to allow for priming sprays plus the number of sprays labeled on the bottle.

Always point the spray bottle away from your face when priming.

**QUESTION & ANSWER BOOK**

**Can I share my FLONASE® Allergy Relief?**

Do not share a bottle of FLONASE Allergy Relief. Sharing the bottle can spread germs, because you insert the nozzle in your nose.

**Can I spray FLONASE in my eyes or mouth?**

No, FLONASE is meant to work only in your nose to relieve your allergy symptoms, including itchy, watery, eyes.

Never spray FLONASE in your eyes or your mouth.
How long should a bottle of FLONASE® Allergy Relief last?

This table shows roughly how long your bottle will last. It assumes you follow the instructions for priming the pump, and that those age 12 or older use two sprays in each nostril every day while children age 4-11 use one spray in each nostril every day.

After you’ve used the number of sprays shown on the label, each spray may not deliver a full dose—even if there is liquid left in the bottle.

<table>
<thead>
<tr>
<th>If the label says...</th>
<th>The bottle should last age 12+...</th>
<th>The bottle should last age 4-11...</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 sprays</td>
<td>1 week</td>
<td>2 weeks</td>
</tr>
<tr>
<td>60 sprays</td>
<td>2 weeks</td>
<td>4 weeks</td>
</tr>
<tr>
<td>120 sprays</td>
<td>4 weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td>150 sprays</td>
<td>5 weeks</td>
<td>10 weeks*</td>
</tr>
</tbody>
</table>

*Check with a doctor if a child 4-11 needs to use longer than 2 months a year.
USING FLONASE

Some decongestants may increase blood pressure. Does FLONASE® increase blood pressure?

When used as directed, Flonase does not increase blood pressure.

Is FLONASE® Allergy Relief OK to use with other medicines?

You should tell your doctor about all the medicines you take, including FLONASE. FLONASE Allergy Relief can be used with most non-prescription and prescription medicines. However, there are a few medicines to look out for because they may cause the level of FLONASE in your body to become too high.

Just to be safe, check this table to see if you’re taking any of these medicines.

<table>
<thead>
<tr>
<th>If you’re taking...</th>
<th>Here’s what to do...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicines for HIV infection (such as ritonavir)</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
<tr>
<td>Medicines with glucocorticoids Including some medicines for skin rash such as eczema, asthma, inflammation, allergic reactions, or eye conditions</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
<tr>
<td>Ketoconazole Pills for fungal infection</td>
<td>Talk to your doctor or pharmacist before using FLONASE</td>
</tr>
</tbody>
</table>
How soon will I get relief?

You may start to feel relief the first day you use FLONASE® Allergy Relief. Keep using it every day, though. It takes several days before FLONASE builds up to full effectiveness.

How long will the relief last?

FLONASE is meant to control your symptoms every day, all day and all night. To help you get this lasting relief, it’s important to use FLONASE regularly, once a day.
**WHAT TO EXPECT**

**Does FLONASE® Allergy Relief cause a “rebound” effect?**

*No, FLONASE Allergy Relief does not cause a rebound effect.*

Some nasal decongestant sprays may cause your nasal passages to swell up even more when you use them too often or for longer than their label says you should (three days). This is sometimes called a “rebound effect.” FLONASE is a different kind of medicine and does not cause any rebound effect. You can use FLONASE daily for up to six months if you are age 12 or older or up to two months a year if you are age 4-11 before checking with a doctor.

**QUESTION & ANSWER BOOK**

**Will FLONASE make me drowsy?**

*No, FLONASE does not cause drowsiness. Some allergy medications can cause drowsiness, but FLONASE does not.*

**Why does FLONASE have a smell?**

*The light floral scent you may notice comes from one of the important ingredients in the FLONASE formula. No fragrance is added to FLONASE.*
Does FLONASE® Allergy Relief have side effects?

Serious side effects are rare with FLONASE Allergy Relief because FLONASE works in your nose, and barely any of it travels through your body. However, like all medicines, FLONASE can cause side effects in some people.

Below are some side effects that have been reported when using FLONASE. If you have any concerns about side effects, talk with your doctor.

<table>
<thead>
<tr>
<th>Side effect</th>
<th>What could happen</th>
</tr>
</thead>
</table>
| Allergic reaction to the product           | • Sudden swelling of face or tongue  
   • A rash  
   • Wheezing or feeling faint |
| Nose injury                                | • Severe or frequent nosebleeds                                                     |
|                                           | • Constant whistling sound hat does not go away                                    |
| Eye conditions such as cataracts or glaucoma | • Cloudy vision  
   • Reduced vision                                        |
| Growth effects                             | • Slower growth rate in some children while using product                         |
| Other side effects                         | • Headaches or sneezing  
   • Bad taste or smell  
   • Minor nosebleeds  
   • Dry or irritated nose or throat |

**What to do**

- If you feel any of these symptoms, stop using FLONASE and see a doctor right away.
- Apply pressure to your nose Stop using FLONASE and see a doctor.
- This could be a sign of damage to your nose. Stop using FLONASE and see a doctor right away.
- Have a yearly eye exam to check for these conditions. Read the Drug Facts on the back of the FLONASE package for more details.
- Talk to your doctor if you are concemed or if a child age 4-11 needs to use FLONASE for longer than two months a year.
- Talk to your doctor or pharmacist if you are concerned.
WHAT TO EXPECT

What if I feel stinging in my nose, or I sneeze?
Some people may feel a slight stinging, or may sneeze, after spraying FLONASE in their nostrils. This feeling should go away in a few seconds.

What if I feel or taste the medicine in my throat?
Generally, you can avoid this by taking a shallower breath next time you spray FLONASE into your nostrils. For example, take the kind of breath you would use to smell a flower.

QUESTION & ANSWER BOOK

What if little or nothing is spraying out?
Try priming the spray bottle. It may take a few pumps to get the dispenser spraying again. If that doesn’t work, the spray nozzle may be clogged. You can clean it following the directions in the Quick Start Guide that came in the package.
WHAT TO EXPECT

What if I have chicken pox, measles or tuberculosis or come into contact with someone who does?

Stop using FLONASE Allergy Relief and ask your doctor.

What if I’m having severe sinus pain?

If you feel severe pain in your face, have thick nasal discharge, or think you may have a sinus infection, stop using FLONASE® Allergy Relief and see your doctor. Your doctor may want to consider if other medicines are needed.

What if my symptoms aren’t better after one week?

If you have used FLONASE for a week and your allergy symptoms are not getting better, stop use and ask your doctor. You may have an infection.

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Reference ID: 3598183
We value your feedback

✉ emailaddress@gsk.com
This is a representation of an electronic record that was signed electronically and this page is the manifestation of the electronic signature.

/s/

THERESA M MICHELE
07/23/2014