

BREAK THROUGH

ALLERGIC RHINITIS WITH THE STRENGTH OF

DUAL ACTION DYMISTA®*1

* corticosteroid and antihistamine



Dymista®
125/50

azelastine 125 µg/spray
(as hydrochloride)
fluticasone propionate 50 µg/spray
Nasal spray

Corticosteroid



**DUAL
ACTION™**



Antihistamine

DYMISTA® 125/50 DELIVERS:¹⁻³



ALLERGIC RHINITIS RELIEF from 5 MINUTES^{†1,2}

[†]Significant reduction in nasal symptoms (TNSS) from 5 minutes ($P < 0.05$) and ocular symptoms (TOSS) from 10 minutes ($P < 0.05$) vs. placebo^{1,2}



*2X MORE EFFECTIVE vs. INCS alone^{‡3,4}

[‡]Placebo-subtracted rTSS (nasal + ocular symptoms), vs. FP (48% of Dymista® 125/50 effect; $P = 0.0013$) at day 14; post-hoc analysis ($n = 610$)^{3,4}



SUSTAINED, NASAL SYMPTOM RELIEF^{^5}

[^]Change from baseline in rTNSS score over 52 weeks, vs. FP ($n = 587$, $P = 0.005$ at 28 weeks and $P = 0.06$ at 52 weeks, not statistically significant)⁵

SPRAY THE RIGHT WAY¹⁻³

DYMISTA® 125/50 spray technique

Correct technique delivers DYMISTA® 125/50 to the right part of the nose and helps to avoid spray getting into your throat and being swallowed.^{2,3} This can ensure you get the full benefits of your DYMISTA® 125/50 treatment.



SHAKE¹⁻³

Shake for 5 seconds to mix.

If you have not used DYMISTA® 125/50 for 7 days or more, prime the pump by spraying into the air until a fine mist appears.

Blow your nose to clear your nostrils. You may also use a saline spray or irrigation to thin and loosen mucus where needed. If using saline, wait 10 minutes before using DYMISTA® 125/50.



LOOK DOWN¹⁻³

Tilt your head towards your toes at a 45-degree angle.

Hold the DYMISTA® 125/50 bottle pointing upwards.

Keep your head tilted down and follow the instructions on how to spray.



SPRAY USING CROSS TECHNIQUE¹⁻³

Use your right hand for your left nostril. Gently insert the spray tip into your nostril.

Aim slightly outwards (**away** from the bone in the centre of your nose and **inward** towards the middle of your head, parallel to the roof of your mouth)

Press firmly to spray.

X DO NOT: sniff heavily after spraying or pinch the other nostril while spraying.



SWAP HANDS AND REPEAT FOR THE OTHER NOSTRIL¹⁻³

Check your head is still tilted down.

Follow the cross technique steps above but this time, use your left hand for your right nostril.

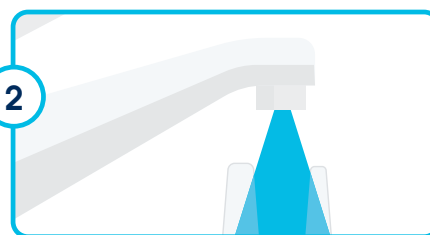
Breathe in gently, and do not tilt your head back after dosing.

Caring for your DYMISTA® 125/50 Spray Nozzle

Like with any nasal spray, it is important to clean your DYMISTA® 125/50 nasal spray. This helps to make sure you receive the right dose every time.



1 Remove the clear dust cap and gently pull upwards on the white plastic spray nozzle to lift away from the bottle.



Wash the clear dust cap and white plastic spray nozzle in warm tap water.



3 Allow the clear dust cap and white plastic spray nozzle to dry completely.



4 When dry, place the clear dust cap onto the white plastic spray nozzle and then carefully place back on the bottle and press firmly. Re-prime the pump before using again.

IF THE WHITE PLASTIC SPRAY NOZZLE IS BLOCKED:

- 1** Remove the clear dust cap and white plastic spray nozzle from the bottle as per step 1 above and soak the spray nozzle in warm water.
- 2** When dry, place the clear dust cap onto the white plastic spray nozzle and then carefully place back on the bottle and press firmly. Re-prime the pump before using again.

FOR MORE INFORMATION

Refer to the DYMISTA® 125/50 Consumer Medicine Information (CMI) available from your pharmacist, doctor or at www.medicines.org.au

Ask your doctor or pharmacist if you have questions about DYMISTA® 125/50 and why it has been prescribed for you.

Follow all instructions given to you by your doctor and pharmacist carefully. The information in this flyer should not replace the advice of your healthcare professional.

References: **1.** Dymista® 125/50 Approved Product Information. **2.** National Asthma Council Australia. Intranasal spray technique for people with allergic rhinitis (2017). Available at: <https://d8z57tiamduo7.cloudfront.net/resources/Intranasal-Spray-Technique.pdf>. **3.** Scadding GK, et al. *Clin Exp Allergy* 2008;38(1):19-42.

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Dymista[®] 125/50

azelastine hydrochloride/fluticasone propionate

PBS Information: This product is not listed on the PBS.

Please review Product Information before prescribing. Full Product Information is available at [medicines.org.au/files/gopdymis.pdf](https://www.medicines.org.au/files/gopdymis.pdf) or on request by calling 1800 314 527.

Dymista[®] 125/50 (azelastine hydrochloride 125µg /fluticasone propionate 50µg) nasal spray 17mL, 120 sprays). **Indications:** Symptomatic treatment of moderate to severe allergic rhinitis and rhino-conjunctivitis in adults and children 12 years and older where use of a combination (intranasal antihistamine and glucocorticoid) is appropriate. **Dosage:** Adults and adolescents (≥ 12yrs): One spray in each nostril twice daily. **Contraindications:** Hypersensitivity to the active substance(s) or excipients. **Precautions:** Pregnancy (Cat B3) and lactation; operating machinery or driving motor vehicle; use with alcohol or other CNS depressants, somnolence; patients with recent nasal ulcers, surgery or injury to nose or mouth; patients susceptible to candida infections (e.g. diabetics); visual disturbance, glaucoma and/or cataracts; HPA axis effect/suppression, adrenal function impairment; tuberculosis or untreated respiratory infection; children and adolescents (< 12yrs); severe hepatic and renal impairment. **Interactions:** Cytochrome P450 3A4 inhibitors (potential increase fluticasone propionate exposure) eg: ritonavir, ketoconazole, cimetidine; CNS depressants. **Adverse Effects:** Common: headache, dysgeusia, unpleasant smell; Uncommon: epistaxis, nasal discomfort, sneezing, nasal dryness, cough, dry throat and irritation; Very rare: somnolence; nasal septal perforation; hypersensitivity including anaphylactic reactions, angioedema and bronchospasm. Min PI Updated: 19 Jun 2018.

Abbreviations: FP, fluticasone propionate; INCS, intranasal corticosteroid; rTSS, reflective total of 7 symptom scores; rTSS, reflective TSS; TSS, total nasal symptom score; TOSS, total ocular symptom score.

References: **1.** Dymista[®] 125/50 Approved Product Information. **2.** Bousquet J, *et al. J Allergy Clin Immunol Pract.* 2018;6(5): 1726–32. **3.** Meltzer E, *et al. Int Arch Allergy Immunol.* 2013;161(4):369–77. **4.** Hampel FC, *et al. Ann Allergy Asthma Immunol.* 2010;105(2):168-73. **5.** Price D, *et al. J Investig Allergol Clin Immunol.* 2013;23(7):495–503.