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## Triamcinolone nasal spray (Nasacort)

Triamcinolone nasal spray eases the symptoms of having a stuffy, runny or itchy nose (rhinitis) caused by an allergy.

It may take a few days of treatment before you feel the full effect.

If you are using it for hay fever, start using it 2-3 weeks before the hay fever season begins and use it regularly.

Any side-effects are usually mild.

### About triamcinolone nasal spray

Type of medicine	A corticosteroid nose spray
Used for	Prevention and treatment of allergic rhinitis
Also called	Nasacort®; Nasacort® Allergy
Available as	Nasal spray

Triamcinolone nasal spray is used to prevent or ease allergic rhinitis. This is a condition where the inside of your nose becomes inflamed and irritated. Common symptoms include sneezing, a blocked or congested nose, a runny nose (watery discharge), and an itchy nose. It is caused by allergies, such as [hay fever](#). Triamcinolone belongs to a group of medicines called corticosteroids. It reduces inflammation and swelling and so relieves the congestion, itching, sneezing, irritation and discomfort of rhinitis.

Triamcinolone nasal spray can be prescribed by a doctor. You can also buy smaller packs without a prescription at pharmacies.

## Before using triamcinolone nasal spray

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start using triamcinolone nose spray, speak with a doctor or pharmacist for advice:

- If you have an infection in your nose.
- If you have recently had any surgery on your nose.
- If you have tuberculosis (TB).
- If it is intended for a child. Triamcinolone nasal spray is suitable for children over the age of 6 years, but only if it has been prescribed by a doctor.
- If you are pregnant. This is because, while you are expecting a baby, you should only take medicines on the recommendation of a doctor.
- If you are taking or using other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to a medicine.

## How to use triamcinolone nasal spray

- Before you start the treatment, read the manufacturer's printed information leaflet from inside the pack. This will give you a step-by-step guide of how to use the spray, and will also provide you with a full list of the side-effects which you could experience from using it.
  - When you first start using triamcinolone, it is usual to use two sprays into both nostrils once a day. Once your symptoms are controlled, you may be able to reduce this to just one spray into each nostril once a day. It is important that you use the spray regularly, even if your symptoms are controlled. Doses prescribed for children can be different to this, so please use the spray exactly as your doctor tells you to.
1. Read the manufacturer's instructions to make sure you know how to work the spray.

2. Shake the bottle gently and remove the protective cap. (Before you use the spray for the first time, point the spray away from your face and activate it a few times until you can see a fine mist in the air.)
3. Blow your nose gently to clear it.
4. Close one nostril by placing a finger gently against one side of your nose. Tilt your head forwards slightly and insert the nozzle of the spray into the other nostril. Try to keep the bottle upright as you do this.
5. Breathe in through your nose and push down on the collar of the nozzle to administer one spray, then breathe out through your mouth. Repeat this in the same nostril if you are using two sprays for each dose.
6. Repeat the step above in your other nostril.
7. Wipe the nozzle with a clean tissue and replace the cap. If the nozzle becomes blocked, you can remove it from the bottle and rinse it under warm water.

## Getting the most from your treatment

- Try to remember to use the spray regularly, even if your symptoms are controlled. If you forget a dose at your usual time, take it when you remember. If you do not remember until the following day, skip the missed dose – do not double up to make up for a forgotten dose.
- If you have bought the spray without seeing a doctor and your symptoms have not improved after 14 days of using it, you should make an appointment to see your doctor to check that it is the correct treatment for you.
- If you are using the spray for hay fever, it may help to start using it 2–3 weeks before the hay fever season starts. This is because it takes a few days of treatment before you feel the full effect, so starting before the pollen count rises will help prevent symptoms from developing.
- Do not use the spray more often, or for a longer period of time, than is recommended by your doctor or pharmacist. This could increase the risk of side-effects. Treatment with triamcinolone nasal spray can be continued for up to a maximum of three months.

# Can triamcinolone nasal spray cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the most common ones associated with triamcinolone nasal spray. You will find a full list in the manufacturer's information leaflet inside your pack. The unwanted effects often improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following continue or become troublesome.

<b>Triamcinolone nasal spray side-effects (these affect fewer than 1 in 10 people)</b>	<b>What can I do if I experience this?</b>
Dryness and irritation of the nose and throat, cough and cold-like symptoms, mild nosebleeds	If any of these become troublesome, speak with a pharmacist or doctor. An alternative preparation may be more suitable for you
Headache	Ask your pharmacist to recommend a suitable painkiller
Indigestion	This should soon pass

If you experience any other symptoms which you think may be due to the spray, speak with your doctor or pharmacist for further advice.

## How to store triamcinolone nasal spray

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.
- Check on the label for how long you can use the spray once it has been opened. Do not use or store the spray for longer than this time.

# Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

If you are having an operation or dental treatment, tell the person carrying out the treatment which medicines you are taking.

If you buy any medicines, check with a pharmacist that they are safe to take with your other medicines.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

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## Further reading

- [Manufacturer's PIL, Nasacort® Nasal Spray](#); Sanofi, The electronic Medicines Compendium. Dated September 2021.
- [Medicines Complete BNF 87th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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