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## Consumer Medicine Information

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### What you should know about your child's nose

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The nasal passages in a child are small and can easily become blocked when there is excess mucus produced.

Mucus is naturally produced in the nose and its role is to trap foreign particles, like dust and bacteria, and keep them from getting into the lungs. Mucus is also needed to protect the delicate nasal lining and to stop it from drying out.

Mucus is transported from the front of the nose and from within the sinuses by tiny microscopic hairs called "cilia" which sweep the mucus to the back of the throat from where it is swallowed. The acid environment in the stomach then helps to kill unwanted bacteria.

Excess mucus is produced in response to colds, flu and allergies and this can lead to nasal congestion. Excess mucus production can also be associated with earaches. If your child has earache or difficulty hearing you should see your doctor as soon as possible.

A blocked nose usually results in the child breathing through the mouth. This then causes a dry mouth, sore throat and bad breath. If allowed to continue for a prolonged period of time it may even lead to dental decay because the teeth are not being bathed in protective saliva. The sore throat may also prevent your child from having restful sleep.

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### What is FLO Kids Nasal Spray?

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FLO Kids is a sterile, preservative free, isotonic (non sting), non medicated nasal saline spray. The pump system has been specifically designed to allow the spray to be administered at any angle (even upside-down if need be!) This makes treating your child so much easier.

The spray is delivered as a fine mist which is very unlikely to irritate delicate nasal tissue.

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### How do I use FLO Kids?

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FLO Kids can be used at any angle. This means that the spray can be administered with the child either lying down in bed, sitting upright or standing. FLO Kids is designed to ensure that treating your child's blocked nose is both quick and easy.

1. Before using the spray remove the protective cap and prime the pump by depressing your thumb several times until the first spray is seen.



2. Position the nozzle tip underneath the child's nostril and spray the required dose into each nostril. **CAUTION:** Do not insert the tip of the nozzle into the child's nose as a sudden head movement may result in injury.



3. Wipe your child's nose with a soft clean tissue to remove excess mucus. You may even gently hold a clean tissue over both nostrils and gently squeeze them together to remove excess mucus.
4. When finished, clean the nozzle with a clean tissue and replace the protective cap. Store product out of reach and sight of children.

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### Dosage

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Apply dose into each nostril as often as needed or as directed by your healthcare professional.

- **1 year to 2 years:**  
up to 2 sprays per nostril
- **2 years to 6 years:**  
up to 3 sprays per nostril
- **Over 6 years:**  
up to 4 sprays per nostril

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### Using FLO Kids in children with allergy or hayfever

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Using a saline nasal wash has been shown to help decrease the symptoms associated with these conditions. This happens because pollens and irritants and the body's own inflammatory chemicals are diluted and washed away from the nose<sup>1</sup>

It has also been shown that using a saline nasal wash 15 - 20 minutes before using a professionally recommended medicated nasal spray helps to improve the effect of that medication<sup>1</sup>

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### When does FLO Kids expire?

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FLO Kids has an expiry date which can be found on the bottom of the carton and also on the bottle label. However it should be discarded 3 months from the date of first use. Space has been provided on the bottle label to record the discard date.

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### Can FLO Kids be used with other medication?

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FLO Kids can be used in conjunction with other medication.

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### If your child has continual nasal discharge

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If your child has a continual thick and coloured nasal discharge despite being treated with FLO Kids Nasal Spray then you should consider asking your healthcare professional if a more thorough wash with FLO Kids Sinus Care would be of benefit.

For further information please contact:

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### References:

<sup>1</sup> Nasal saline irrigation facilitates control of Allergic Rhinitis by topical steroid in children. Li H et al. Otorhinolaryngology 2009. Vol 71 pp 50-55

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