

# Nosniff P Nasal Spray

## Xylometazoline (0.05% w/v) Nasal Spray

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**Category:** Decongestant

**Dosage Form:** Nasal Spray

**Strength:** 0.05% w/v

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### Description:

Xylometazoline 0.05% nasal spray is a topical decongestant formulated for temporary relief of nasal congestion caused by colds, sinusitis, hay fever, or other allergic and non-allergic rhinitis. It works quickly to reduce nasal swelling and congestion, making it easier to breathe through the nose.

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### Composition:

- **Xylometazoline Hydrochloride:** 0.05% w/v

**Inactive Ingredients:** Purified water, buffers, stabilizers, and preservatives (as per manufacturer specifications).

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### Indications:

1. **Nasal Congestion:** Relief from blocked nose due to common colds or flu.

2. **Allergic Rhinitis:** Reduces nasal swelling caused by allergens like pollen, dust, or pet dander.
  3. **Sinusitis:** Eases nasal blockage and improves airflow in sinus infections.
  4. **Post-Surgical Care:** Reduces nasal swelling after nasal surgery.
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### Mechanism of Action:

Xylometazoline is an alpha-adrenergic agonist that causes vasoconstriction of the blood vessels in the nasal mucosa. This action reduces swelling and inflammation, leading to a rapid reduction in nasal congestion and improved airflow.

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### Dosage and Administration:

- **Children (6–12 years):** 1 spray into each nostril, up to 2–3 times daily, with a minimum interval of 6–8 hours between doses.
- **Adults and Children over 12 years:** 1–2 sprays into each nostril, up to 3 times daily, as required.

### Administration Instructions:

1. Blow the nose gently to clear the nasal passages.
2. Hold the bottle upright and insert the nozzle into one nostril while closing the other nostril.
3. Spray and inhale gently.
4. Repeat for the other nostril.
5. Wipe the nozzle clean after each use.

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### Contraindications:

1. **Hypersensitivity to Xylometazoline or any excipient in the formulation.**
  2. **Narrow-Angle Glaucoma: May increase intraocular pressure.**
  3. **Severe Cardiovascular Conditions: Use with caution in patients with hypertension or heart disease.**
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### Precautions:

1. **Prolonged Use: Do not use for more than 5–7 consecutive days to avoid rebound congestion (rhinitis medicamentosa).**
  2. **Pregnancy and Lactation: Use only if prescribed by a healthcare provider.**
  3. **Underlying Conditions: Use cautiously in patients with diabetes, hyperthyroidism, or enlarged prostate.**
  4. **Pediatrics: Supervise use in children to ensure proper dosage and avoid overuse.**
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### Adverse Effects:

#### Common Side Effects:

- **Nasal dryness or irritation.**
- **Temporary stinging or burning sensation.**

#### Rare Side Effects:

- **Rebound congestion with overuse.**
- **Headache or dizziness.**
- **Systemic effects like increased heart rate or blood pressure (rare).**

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### Drug Interactions:

1. **MAO Inhibitors or Tricyclic Antidepressants: May increase the risk of hypertension.**
  2. **Beta-Blockers: Can reduce the effectiveness of Xylometazoline.**
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### Storage Instructions:

- **Store at a temperature below 25°C.**
  - **Keep the bottle tightly closed and protected from light and moisture.**
  - **Keep out of reach of children.**
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### Key Points:

- **Provides rapid and effective relief from nasal congestion.**
- **Suitable for short-term use; prolonged use may lead to rebound congestion.**
- **Consult a healthcare provider if symptoms persist beyond 7 days.**

**Always use as directed and under medical supervision.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

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