XYLOCROM NASAL SPRAY

(Sodium Cromoglycate + Xylometazoline Hydrochloride)

COMPOSITION

Each 1 mL contains Sodium Cromoglycate 20 mg (2% w/v) and Xylometazoline Hydrochloride 0.25 mg (0.025% w/v). Excipients: as per approved formulation.

DESCRIPTION & PHARMACOLOGY

Sodium cromoglycate is a mast-cell stabiliser that helps prevent release of mediators involved in allergic nasal symptoms; its effect is preventive and may require regular use. Xylometazoline is a topical alpha-adrenergic sympathomimetic that constricts nasal blood vessels, producing temporary relief of nasal congestion.

INDICATIONS

For intranasal management of allergic nasal symptoms accompanied by nasal congestion, where the combination is appropriate and consistent with locally approved indications. Xylometazoline provides short-term symptomatic decongestion; it does not treat the underlying allergy.

DOSAGE & ADMINISTRATION

For intranasal use only. The exact number of sprays per nostril and dosing interval must follow the approved Xylocrom product label and the metered pump output. Do not exceed the prescribed frequency or dose.

DURATION OF USE

Because the formulation contains xylometazoline, do not use continuously for more than 5 days without medical reassessment. Prolonged use can worsen congestion.

HOW TO USE

Gently blow the nose. Shake only if directed on the product label. Remove the cap and prime the pump as instructed before first use. Hold the bottle upright, tilt the head slightly forward and insert the nozzle into one nostril. Close the opposite nostril and spray while breathing gently through the nose. Repeat only as prescribed; wipe the nozzle and replace the cap.

Avoid spraying into the eyes. Do not share the bottle, as this may spread infection. Do not use if the spray mechanism is damaged.

CONTRAINDICATIONS

Known hypersensitivity to sodium cromoglycate, xylometazoline or any excipient. Avoid use in patients with rhinitis sicca (dry atrophic rhinitis) and in circumstances where sympathomimetic nasal decongestants are contraindicated under the approved product information.

AGE RESTRICTIONS

Appropriate age limits for this 0.025% combination must be confirmed from the locally approved product label. Do not use in infants or children without specific medical advice.

PREGNANCY & LACTATION

Consult a physician before use during pregnancy or breastfeeding. The systemic vasoconstrictor effects of xylometazoline and the benefits and risks of this combination should be considered.

WARNINGS & PRECAUTIONS

Use cautiously in patients with hypertension, cardiovascular disease, hyperthyroidism, diabetes mellitus, narrow-angle glaucoma or urinary retention, and in those sensitive to sympathomimetics. Seek medical advice before use if these conditions are present.

REBOUND CONGESTION WARNING

Frequent or prolonged xylometazoline use may cause rebound nasal congestion, reduced response (tachyphylaxis) and rhinitis medicamentosa. Do not increase the dose if congestion returns. Consult a healthcare professional if symptoms persist or worsen.

DRUG INTERACTIONS

Do not combine with other oral or nasal sympathomimetic decongestants. Monoamine oxidase inhibitors (MAOIs), certain antidepressants and other medicines that raise blood pressure may interact with xylometazoline. Inform the physician about all current medicines.

ADVERSE REACTIONS

Possible effects include transient nasal burning, stinging, dryness, irritation, sneezing, headache and nausea. Excessive systemic absorption may cause palpitations, increased blood pressure, dizziness or sleep disturbance. Allergic reactions are possible.

Stop use and seek urgent care for breathing difficulty, severe facial swelling, chest pain or marked palpitations.

OVERDOSAGE

Excess use or accidental ingestion, especially in children, may cause serious cardiovascular or central nervous system effects, including abnormal heart rate, blood-pressure changes, drowsiness or breathing problems. Seek emergency medical attention immediately.

STORAGE CONDITIONS

Store according to the approved product specifications. Protect from excessive heat and direct sunlight. Keep the cap closed and out of reach of children. Do not use after expiry.

PRESENTATION

Xylocrom Nasal Spray, 15 mL bottle. Each mL contains Sodium Cromoglycate 20 mg and Xylometazoline Hydrochloride 0.25 mg.

PATIENT ADVICE

Use only by the nasal route and only for the recommended short period. Do not share the bottle. If nasal obstruction continues after 5 days, consult a physician rather than continuing or increasing the spray.

THERAPEUTIC CLASS

Mast-cell stabiliser / antiallergic + topical nasal alpha-adrenergic decongestant. Primary segments: ENT and Allergy; secondary: General Practice.

MANUFACTURED BY

Vega Pharmaceuticals (Pvt.) Ltd.