

Information For the Use
Mometasone (50mcg)

Metaniff Nasal Spray

Mometasone (50mcg) Nasal Spray

Description

Mometasone Nasal Spray (50mcg) is a topical corticosteroid used for the treatment of nasal symptoms associated with allergic rhinitis (hay fever) and non-allergic rhinitis. It works by reducing inflammation in the nasal passages, helping to relieve symptoms such as nasal congestion, sneezing, runny nose, and itchy nose.

Mometasone is a highly potent, synthetic corticosteroid that acts locally within the nasal cavity to reduce inflammation without significant systemic absorption. It is commonly prescribed for both seasonal allergic rhinitis (due to pollen) and perennial allergic rhinitis (due to dust, mold, pet dander, etc.).

Composition

Each spray delivers:

- Mometasone Furoate: 50 mcg per spray
- Other Ingredients: The formulation may contain excipients such as propylene glycol, benzalkonium chloride, sodium chloride, citric acid, and purified water

Mechanism of Action

Mometasone is a steroid that works by binding to glucocorticoid receptors in the cells of the nasal mucosa. Once bound, it inhibits the production of pro-inflammatory substances like prostaglandins, leukotrienes, and cytokines. This reduces the inflammatory response in the nasal passages, leading to a decrease in nasal congestion, swelling, and irritation.

As a topical agent, mometasone acts locally at the site of action with minimal systemic absorption, making it effective for treating symptoms without the broader side effects seen with oral steroids.

Indications

- Seasonal allergic rhinitis (hay fever) for relief of nasal symptoms such as congestion, sneezing, itching, and runny nose caused by allergens like pollen.
- Perennial allergic rhinitis caused by non-seasonal allergens (e.g., dust mites, mold, pet dander).

- Non-allergic rhinitis (e.g., vasomotor rhinitis), where inflammation of the nasal passages occurs without an identifiable allergic trigger.

Dosage and Administration

- For Adults (12 years and older):
 - The typical starting dose is 2 sprays (50 mcg per spray) in each nostril once daily (total daily dose of 200 mcg).
 - After symptoms improve, the dose may be reduced to 1 spray per nostril once daily (100 mcg).
- For Children (6 to 11 years):
 - The typical starting dose is 1 spray per nostril once daily (100 mcg).
 - The maximum recommended dose for children is 2 sprays per nostril once daily (200 mcg).
- Instructions:
 - Shake the bottle gently before use.
 - Prime the spray pump by pressing it several times until a fine mist is produced (if using for the first time).
 - Insert the nozzle into one nostril, close the other nostril, and press the pump to release the spray while inhaling gently through the nose. Repeat for the other nostril.
 - Avoid spraying directly into the eyes or mouth.

Contraindications

- Hypersensitivity to mometasone or any of the ingredients in the formulation.
- Active untreated infections (e.g., nasal or sinus infections, tuberculosis, fungal or viral infections) as corticosteroids can suppress immune function and exacerbate infections.
- Nasal surgery or trauma should be considered with caution until the nasal mucosa has healed.

Warnings and Precautions

- Nasal and sinus infections: Mometasone should not be used during active nasal infections or until the infection has been adequately treated. Prolonged use of nasal steroids may predispose patients to developing nasal and sinus infections.

- Immunosuppression: As a corticosteroid, mometasone can suppress immune function and make patients more susceptible to infections. Caution should be taken in individuals with a history of infections, especially tuberculosis.
- Growth suppression in children: Long-term use of nasal steroids can potentially affect growth velocity in children. Regular monitoring of growth in pediatric patients is recommended.
- Adrenal suppression: Although rare with nasal steroids, prolonged use in high doses can cause adrenal suppression, which may become clinically relevant under stressful conditions like illness, surgery, or trauma.
- Eye conditions: Nasal corticosteroids, including mometasone, should be used cautiously in patients with a history of glaucoma or cataracts, as corticosteroids can increase intraocular pressure.
- Delayed wound healing: Nasal trauma or surgery may lead to delayed healing when using mometasone due to its inhibitory effects on wound healing.

Side Effects

Common side effects may include:

- Nasal irritation or burning sensation
- Headache
- Sore throat
- Nasal dryness
- Sneezing
- Cough
- Epistaxis (nosebleeds)

Serious side effects, though rare, may include:

- Glaucoma or cataracts with prolonged use.
- Increased risk of infections, such as fungal or bacterial infections.
- Hypersensitivity reactions including rash, itching, or swelling.
- Adrenal suppression (especially with long-term or high-dose use).

Drug Interactions

- Ritonavir or other strong CYP3A4 inhibitors may increase the systemic absorption of mometasone. If co-administered, careful monitoring is advised.

- Other nasal corticosteroids should not be used concurrently with mometasone to avoid potential overdose or adverse effects.

Storage Instructions

- Store at room temperature (15°C to 30°C).
- Protect from direct sunlight and excessive heat.
- Keep the bottle tightly closed and away from children.

Presentation

- Form: Nasal Spray
- Strength: Mometasone 50 mcg per spray
- Pack Size: Typically available in 10 ml or 18 ml bottles.

Conclusion

Mometasone (50mcg) Nasal Spray is an effective treatment for managing symptoms of allergic rhinitis and non-allergic rhinitis, offering localized relief of nasal congestion, itching, and other associated symptoms. As a potent corticosteroid, it works by reducing inflammation in the nasal passages. Patients should use the spray as directed, and long-term use should be monitored to avoid potential adverse effects. Regular follow-up with healthcare providers is advised, especially for children and those on prolonged therapy.

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Manufactured in India for :

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