

HOW TO USE YOUR INSTANYL® ▼



Intranasal fentanyl SPRAY
INSTANYL®



IMPORTANT INFORMATION ABOUT INSTANYL® ▼

Familiarise yourself with this important information and make sure you read the Package Leaflet in the box before using Instanyl

PRECAUTIONS WHEN USING INSTANYL®

- ▶ Only use Instanyl® if:
 - ▶ you are taking another opioid medication on a daily basis
 - ▶ you have been experiencing breakthrough cancer pain
 - ▶ you have received information and safety precautions from your doctor and pharmacist regarding use of the nasal spray
- ▶ Do not use Instanyl® to treat any other short-term pain such as headaches or back pain, etc
- ▶ Make yourself and your family/carer aware of the signs of fentanyl overdose and what to do if you experience them:
 - ▶ if you have trouble breathing, develop a slow heartbeat, are unusually tired or suffer extreme sleepiness/sedation, or if your ability to think, talk or walk normally is impaired, compared to your basic level of function, you should seek immediate medical assistance
- ▶ You must carefully follow your doctor's advice on how and when to use Instanyl and the maximum number of daily doses you should take
- ▶ It is important that you do not use Instanyl® to treat more than 4 breakthrough cancer pain episodes a day
- ▶ Changing dose strengths of your Instanyl® nasal spray or other pain medication should only be done by your healthcare professional.

PRECAUTIONS WHEN STORING INSTANYL®

- ▶ Instanyl® should be kept out of the sight and reach of children as it can cause life-threatening respiratory depression in opioid naïve patients, particularly children
- ▶ The Instanyl® nasal spray must always be put back in the child-resistant box after use
- ▶ It is important that you store Instanyl® in its box at room temperature and in a safe place to avoid misuse
- ▶ Always store the nasal spray and child-resistant box in an upright position
- ▶ Only you or a responsible carer should use or handle Instanyl as it contains medication that is attractive to people who abuse narcotics



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DAILY USE

- ▶ Do not compare Instanyl® dose strengths with that of other fentanyl medicines – changing the dose strength from the one prescribed for you should only be done by your healthcare professional
- ▶ Instanyl® is available in three dose strengths and each one has a different colour code. You may have used more than one dose strength to get to the most suitable dose for you. However, it is important that you only use the dose strength your doctor decided will best control your breakthrough pain episodes. If you are ever unsure about which dose strength you should be using, check with your healthcare professional
- ▶ If you need to use Instanyl® more than four times a day, you must tell your doctor, as this may be an indication that your regular daily opioid medication dose should be changed
- ▶ If you notice any of the symptoms such as sleepiness, drowsiness, dizziness or difficulty in co-ordinating limbs, you may have taken too much Instanyl® and you should seek immediate medical help
- ▶ Taking too much Instanyl® can, in serious cases, cause sedation, convulsions or severe breathing difficulties. If this happens, your carer should contact your healthcare professional, hospital or A&E department for expert medical advice

KEEP TRACK OF HOW MANY DOSES YOU ARE TAKING

- ▶ Keeping a record of your Instanyl® use will help you easily work out how many doses you have used and how many you have left in your nasal spray. Because Instanyl® is available in three dose strengths, there are three colour coded cards that each corresponds with one dose strength

 50 micrograms/dose

 100 micrograms/dose

 200 micrograms/dose

- ▶ Before you begin tracking your Instanyl® use, please choose the card that matches the dose you have been prescribed and then mark the corresponding pack size (10 doses or 20 doses)
- ▶ A simple dose-counting aid is also available inside the folding label on the child-resistant box
- ▶ Every time you use your Instanyl® nasal spray, make sure you or your carer fills in the information on the card. When you calculate that you have five or fewer doses left, get in touch with your healthcare professional without delay



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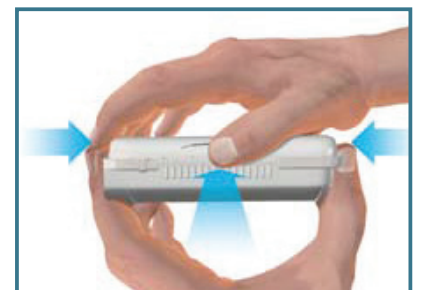


HOW TO OPEN THE CHILD-RESISTANT BOX

1. Before using the child-resistant box for the first time, make sure you remove the tamper-proof seal
2. Holding the child-resistant box in one hand, place your thumb and middle finger on the side tabs and press inwards



3. At the same time, place your other thumb on the front pressure pad and also press inwards. Continue to apply pressure on all three points



4. Pull lid fully open



HOW TO CLOSE THE CHILD-RESISTANT BOX

1. After use, place the nasal spray back into the inner tray in the box
2. To close the box securely, make sure all the tabs slot back into place
3. Press down firmly until the side tabs click into position



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HOW TO USE THE INSTANYL[®] NASAL SPRAY



► **Before use:**

- Take off the dust cap



► **Preparing for use:**

- When using each bottle for the first time, prime the nasal spray by pumping the spray three or four times until a fine mist appears. Make sure you point the device away from your face, particularly your eyes, and from other people
- Hold the nasal spray with your thumb at the bottom and your forefinger and middle finger on either side of the spray nozzle



► **Using the nasal spray:**

- Make sure you are sitting or standing in an upright position before using Instanyl
- Hold the bottle upright and bend your head slightly forward
- Close one nostril with a finger and insert the spray nozzle into the other nostril (approximately 1 cm)
- Press the pump quickly and spray into your nose while inhaling
- If you do not experience pain relief after a period of **at least 10 minutes** you can apply a second dose in the other nostril, making sure you follow your doctor's instructions
- You should wait **at least 4 hours** before treating another breakthrough pain episode with Instanyl both during titration and maintenance therapy
- Max daily dose: Treatment of no more than four breakthrough pain episodes in 24 hours. Each breakthrough pain episode should be treated with a maximum of two doses separated by more than ten minutes and ***only if the first dose does not produce pain relief after waiting for at least ten minutes.***

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HOW TO USE THE INSTANYL[®] NASAL SPRAY



► After use:

- Remove the Instanyl[®] nasal spray from your nostril and make sure you thoroughly clean the spray tip
- Place it in the child-resistant box before storing in a safe place
- If you don't use your Instanyl[®] nasal spray for more than a week, you'll need to prime it again by spraying it once in the air before use.

DISPOSAL

- **Please return all the used/ unused/ partly used Instanyl bottles that you no longer require to your pharmacist for safe disposal in accordance with the local regulations**

DOSE MONITORING CARDS FOR

- ▶ 50 micrograms/dose nasal spray
- ▶ 100 micrograms/dose nasal spray
- ▶ 200 micrograms/dose nasal spray

An example of how to complete your Dose Monitoring Card is shown on the reverse of each card.

The information you record will help your healthcare professional ensure the best pain relief possible.

YOUR CONTACTS

- ▶ Make a note below of who to contact in case you have any questions about your Instanyl® treatment

A service to patients provided by

