

# OtriAL

(Xylometazoline nasal drops)

## Each ml contains:

Xylometazolin HCL IP .....0.1%w/v

Benzalkonium Chloride IP.....0.02%w/v

## Clinical Pharmacology:

**Xylometazoline:** Xylometazoline is a decongestant. It works by narrowing the small blood vessels which provides temporary relief from inflammation (redness and swelling) and discomfort.

## Indications:

- **Common Cold:** Xylometazoline can help reduce nasal congestion associated with the common cold, making it easier to breathe.
- **Sinusitis:** For inflammation or infection of the sinuses, xylometazoline can provide temporary relief by reducing swelling in the nasal passages.
- **Allergic Rhinitis:** It can be used to alleviate nasal congestion caused by allergic reactions, such as hay fever.
- **Rhinitis:** For non-allergic rhinitis, which may result from irritants or other factors, xylometazoline can help relieve congestion.
- **Preoperative and Postoperative Use:** Sometimes, xylometazoline is used before certain nasal or sinus surgeries to reduce congestion and improve visibility for the surgeon. It can also be used postoperatively to help with congestion during recovery.

## Contraindications:

- **Hypersensitivity:** Avoid use if you have a known hypersensitivity or allergic reaction to xylometazoline or any other components of the nasal drops.
- **Nasal or Sinus Surgery:** If you have recently undergone nasal or sinus surgery, consult your healthcare provider before using xylometazoline, as it might affect healing or interact with postoperative care.
- **Chronic Rhinitis:** Long-term or chronic use of xylometazoline can lead to rebound congestion, worsening symptoms over time. It's contraindicated for prolonged use.
- **Severe Cardiovascular Conditions:** People with severe cardiovascular diseases (e.g., severe hypertension, coronary artery disease) should use xylometazoline

cautiously, as it can potentially increase blood pressure.

- **Hyperthyroidism:** Individuals with hyperthyroidism should avoid using xylometazoline, as it may exacerbate symptoms or interact with treatment.
- **Glaucoma:** Use with caution in individuals with narrow-angle glaucoma, as it may exacerbate the condition.
- **Pregnancy and Breastfeeding:** Consult a healthcare provider before using xylometazoline if you are pregnant or breastfeeding, as safety during these periods is not well established.
- **Children:** The use of xylometazoline in children, especially younger than 6 years old, should be done only under medical supervision.

### **Precautions and Warnings:**

- Xylometazoline is for nasal use only. Avoid getting the drops in your eyes, as it can cause irritation.
- Prolonged use of xylometazoline can lead to rebound congestion, where nasal congestion worsens once the medication is stopped.
- Follow the recommended dosage instructions carefully. Overuse or excessive dosing can increase the risk of side effects and rebound congestion.
- Use with caution in children

### **Drug Interactions:**

Taking MAO inhibitors with this medication may cause a serious (possibly fatal) drug interaction. Avoid taking MAO inhibitors (isocarboxazid, linezolid, metaxalone, methylene blue, moclobemide, phenelzine, procarbazine, rasagiline, safinamide, selegiline, tranylcypromine) during treatment with this medication. Most MAO inhibitors should also not be taken for two weeks before treatment with this medication. Ask your doctor when to start or stop taking this medication.

### **Adverse Effects:**

- **Local Irritation:** Dryness, burning, or stinging in the nasal passages.
- **Nasal Congestion Rebound:** Prolonged use can lead to rebound congestion, where nasal congestion worsens after the medication is stopped.
- **Systemic Effects:** Rare, but may include headache, dizziness, elevated blood pressure, tachycardia (rapid heartbeat), and, in extreme cases, severe hypertension or central nervous system stimulation.

### **Overdosage:**

Overdosage Symptoms:

**Xylometazoline:**

Local: Nasal dryness, irritation, burning sensation.

Systemic: Headache, dizziness, elevated blood pressure, rapid heartbeat (tachycardia), nervousness, and potential severe hypertension.

**Benzalkonium Chloride:**

Local: Burning or stinging in the nasal passages, irritation.

Systemic: Uncommon, but potential gastrointestinal discomfort or allergic reactions if ingested in large amounts.

**Management:**

Discontinue Use: Immediately stop using the nasal drops.

Consult Healthcare Professional: Seek medical advice for appropriate evaluation and management.

**Route of Administration:** Nasal

**Dosage:** As directed by the physician.

**Storage:** Store in a cool and dark place protected from light.

**Presentation:** It is available as 10ml container.



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