**Instructions for Use**

**About TOSYMRA**

Read this Instructions for Use before you start using TOSYMRA and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or treatment. If you have any questions about TOSYMRA, ask your healthcare provider or pharmacist.

- Only 1 device is needed to deliver a full dose (See Figure A).
- The device gives a single spray that should be delivered into 1 nostril. Never use more than 1 device at one time.
- Do not breathe in deeply.
- Do not look down because the medicine may drip from your nose.
- Do not test the spray or press the plunger before giving a dose.
- Do not breathe in through your mouth.
- Do not blow your nose before using the device.
- Do not keep the device in the sealed blister package until time of use.

**Important Information**

- Keep TOSYMRA and all medicines out of reach of children.
- Do not use if the expiration date has passed.
- Do not use more than 1 device to get your dose.
- Always keep the device in the sealed blister package until time of use.

**Storage Information**

- The device should be stored at room temperature between 68° to 77°F (20° to 25°C).
- Do not store in the refrigerator or freezer.
- Always keep the device in the sealed blister package until time of use.

**Instructions for Use**

**Step 1 - Gently Blow Your Nose**

While sitting upright, gently blow your nose (See Figure B).

**Step 2 - Remove 1 Device from Carton**

Remove only 1 device from the carton (See Figure C).

**Step 3 - Check the Expiration Date on the Back of Blister Package**

Check the expiration date on the back of the blister package (See Figure D). Do not use if the expiration date has passed. Throw away the expired device in the household trash if the expiration date has passed.

**Step 4 - Remove Device from Blister Package**

Flip the blister package onto your hand to peel off the paper backing completely from the blister package (See Figure E).

**Step 5 - Check the Expiration Date on the Device**

Check the expiration date on the device (See Figure F). Do not use the device if the expiration date has passed. Throw away the expired device in the household trash if the expiration date has passed.

**Step 6 - Close 1 Nostril**

Gently press 1 nostril with your finger to close your nostrils (See Figure G).

**Step 7 - Place Spray Nozzle in Open Nostril**

While keeping the device in your nose, tilt your head back slightly (See Figure H).

**Step 8 - Tilt Head Back Slightly**

While keeping the device in your nose, tilt your head back slightly (See Figure I).

**Step 9 - Deliver the Dose**

As you slowly breathe in through your nose, gently press the plunger all the way up to release the dose (See Figure J). It is normal to feel liquid in your nose or at the back of your throat. Do not look down because the medicine may drip from your nose. Do not breathe in deeply.

**Step 10 - Remove Device and Breathe Gently for 10 to 20 Seconds**

Remove the device from your nostril. While keeping your head upright, gently breathe in through your nose and breathe out through your mouth (See Figure K).

**Step 11 - Dispose of the Used Device**

Fold the used device and its packaging into your household trash (See Figure L).

You have received your full dose. If you have:

- Used 1 device
- Given 1 spray into 1 nostril

**Warning:** Sprays the medicine 10 to 20 times in a row can cause injury to the olfactory nerve and nasal mucosa. Overuse can be dangerous. If you have questions about TOSYMRA, contact your healthcare provider or pharmacist.

**Usage**

TOSYMRA is used in adults and children 2 years of age and older.

- 2 to 10 years: 2 sprays into 1 nostril
- 11 to 17 years: 2 sprays into each nostril
- Adults: 2 sprays into each nostril

**Usage and Administration**

This Instructions for Use has been approved by the U.S. Food and Drug Administration (FDA). Map & Grove, MN 55369. Manufactured for UPSHER-SMITH LABORATORIES, LLC. TOSYMRA is a trademark of Upsher-Smith Laboratories, LLC.

**Prescription Only**

TOSYMRA provides relief from the nasal symptoms of ordinary rhinitis. One spray delivers 125 mcg of oxymetazoline hydrochloride peps as a nasal vasoconstrictor in 20% aqueous coating, regular gloss varnish. This product is not approved for use in children 12 years of age and younger.

**Warning:** Sprays the medicine 10 to 20 times in a row can cause injury to the olfactory nerve and nasal mucosa. Overuse can be dangerous. If you have questions about TOSYMRA, contact your healthcare provider or pharmacist.

**Important Information**

- Keep TOSYMRA and all medicines out of reach of children.
- Do not remove the device from its packaging until ready to use.
- Do not breathe in deeply.
- Do not look down because the medicine may drip from your nose.
- Do not test the spray or press the plunger before giving a dose.
- Do not breathe in through your mouth.
- Do not blow your nose before using the device.
- Do not keep the device in the sealed blister package until time of use.