

GOLDEN NASAL DROP

COMPOSITION

CONTAINS:

Ephedrine0.75%
Eucalyptus oil BP.....0.2%
Menthol Crystal BP.....0.5%

INDICATIONS

For the relief of nasal congestion in Bronchitis, catarrh, Hay fever, sinusitis and upper respiratory tract infections such as influenza and acute coryza

DIRECTION FOR USE

Tilt the head backwards and instill two to three drops into each nostril. The dose may be repeated every three to four hours.

Not recommended for children below 12 years.

PHARMACOKINETICS

Ephedrine is readily and completely absorbed from the gastro-intestinal tract. It is resistant to metabolism by monoamine oxidase and is largely excreted unchanged in the urine, together with small amounts of metabolites produced by hepatic metabolism. Ephedrine has been variously reported to have a plasma half-life ranging from 3 to 6 hours depending on urinary pH; elimination is enhanced and half-life accordingly shorter in acid urine.

PHARMACODYNAMICS

Bronchodilation action; ephedrine relaxes bronchial smooth muscle by stimulating beta₂-adrenergic receptors, resulting in increased vital capacity, relief of mild bronchospasm, improved air exchange and decreased residual volume.

Nasal decongestant action; ephedrine stimulates alpha-adrenergic receptors in blood vessels of nasal mucosa, producing vasoconstriction and nasal decongestion.

ADVERSE/ SIDE EFFECTS

The common side effects of ephedrine include anxiety, restlessness and insomnia.

CONTRAINDICATIONS

Patients with Cardiovascular disease or heart condition. Ephedrine nasal drops should not be used concomitantly with other sympathomimetic decongestants.

PRECAUTIONS

Consult physician when symptoms persist after 3 days of Golden Nasal Drop administration. Do not allow the dropper to touch the nose or any surface when putting the drops in the nose. Keep the medicine away from the eyes. Each bottle must be use only by one person.

OVERDOSE

The estimated minimal lethal dose of ephedrine in children up to 2 years of age is 200mg, and for adults 2g, but fatalities due to ephedrine overdose are rare and not likely to occur following administration of the nasal drops. Single doses of up to 400mg of ephedrine have been given without serious toxic effects. In large doses ephedrine may cause giddiness, headache, nausea, vomiting, sweating, thirst, tachycardia, precordial pain, palpitations, difficulty in micturition, muscular weakness and tremors, anxiety, restlessness and insomnia. Paranoid psychosis, delusions, and hallucinations may follow overdosage. Treatment of overdosage should include supportive and symptomatic therapy. In severe cases the stomach should be emptied by aspiration and lavage. Diazepam may be given to control central nervous system stimulation. Chlorpromazine may be given for excitement or the management of hallucinations. A beta-adrenoceptor blocking agent may be required to control cardiac arrhythmias. Acute poisoning with chlorobutanol is also highly improbable considering the concentration in the drops and the method of administration, however treatment for overdosage would be aspiration and lavage.

DRUG INTERACTIONS

Medicinal products, the use of which may be affected by ephedrine nasal drops:

MAOIs: Risk of hypertensive crisis. Sympathomimetics such as ephedrine should not be given with MAOIs or within 14 days of stopping treatment

Anti-arrhythmics - including **beta-blockers** and **quinidine**: ephedrine may increase the risk of arrhythmias, and block the hypotensive effects of beta-blockers

Adrenergic neurone blockers (such as guanethidine): ephedrine may block the hypotensive effects.

PREGNANCY AND LACTATION

This product should not be used in pregnancy or whilst breast feeding unless recommended by a doctor. Ephedrine crosses the placenta and has been associated with an increase in foetal heart rate. Ephedrine has been reported to cause irritability and disturbed sleep in infants when used during breast feeding.

PRESENTATION

Amber Bottle pack of 15ml x150 in a box

STORAGE

Keep in cool and dry place below 30°C

KEEP OUT OF REACH OF CHILDREN

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