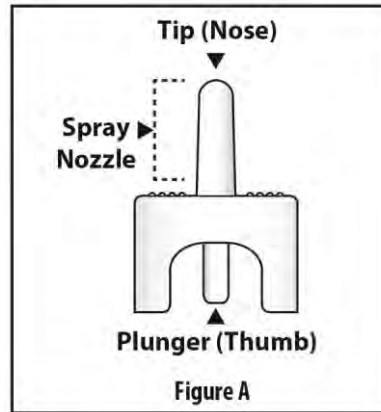


**Instructions for Use**  
**TOSYMRA Nasal Spray**

**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 or dose into more than 1 nostril.



**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** test the spray or press the plunger before giving a dose into the nostril.
- **Do not** use after the expiration date has passed.

**Storage Information**

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

**Step 1 – Gently Blow Your Nose**

While sitting upright, gently blow your nose to clear your nostrils **(See Figure B)**.

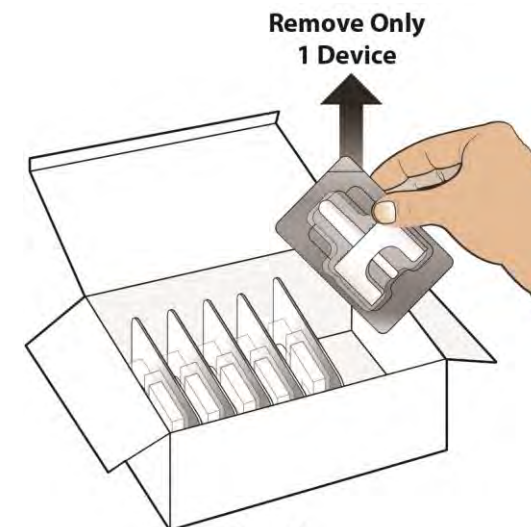


**Figure B**

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

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

**Do not use more than 1 device to get your dose.**



**Figure C**

**Step 3 – Check the Expiration Date on 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.**

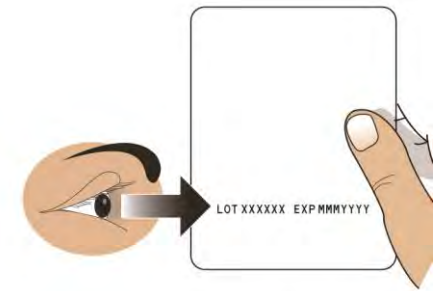


Figure D

#### Step 4 – Remove Device from Blister Package

Peel off the paper backing completely from the blister package.

Flip the blister package onto your hand to remove the device from its packaging (See Figure E).

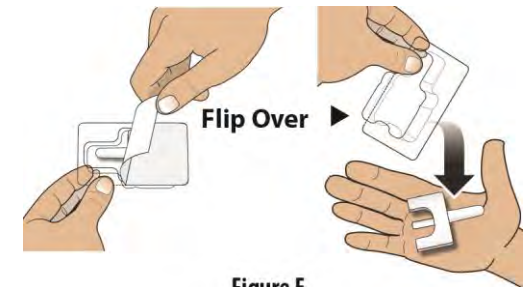


Figure E

#### 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.**

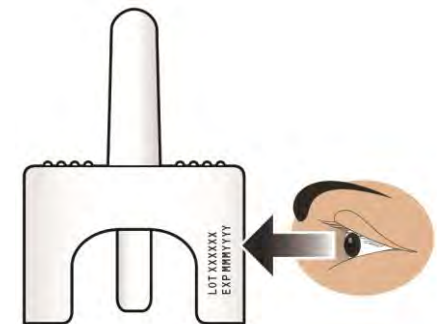


Figure F

#### Step 6 – Close 1 Nostril

Gently press 1 nostril with your finger to keep it closed **(See Figure G).**

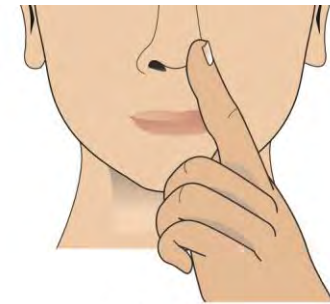


Figure G

### Step 7 – Place Spray Nozzle in Open Nostril

Hold the device upright between your thumb and first 2 fingers **(See Figure H).**

Insert half of the spray nozzle into the open nostril and angle outward **(See Figure I).**

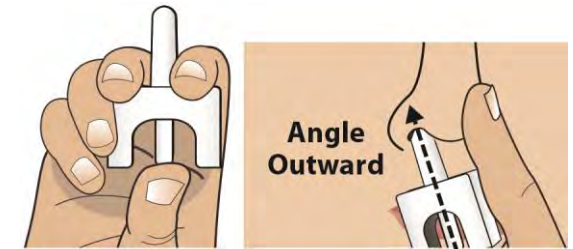


Figure H

Figure I

### Step 8 – Tilt Head Back Slightly

While keeping the device in your nose, tilt your head back slightly (**See Figure J**). This will allow the medicine to go into your nasal passage without dripping out.

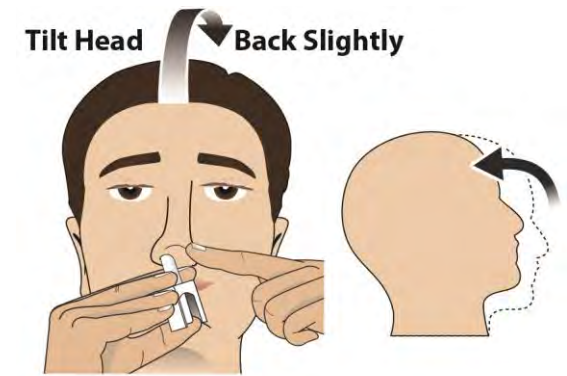


Figure J

### Step 9 – Deliver the Dose

As you slowly breathe through your nose, firmly press the plunger all the way up to release the dose (**See Figure K**).

**Note:** The plunger is stiff so make sure to press firmly.

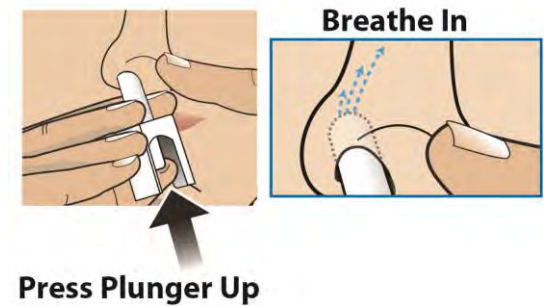


Figure K

### 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. Repeat this for 10 to 20 seconds (**See Figure L**). It is normal for you 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.**

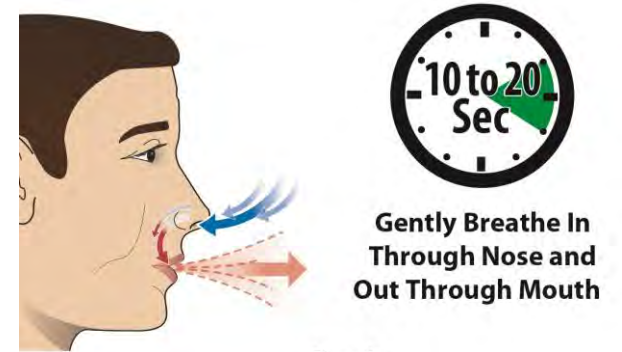


Figure L

### Step 11 – Dispose of the Used Device

Throw away the used device and its packaging into your household trash **(See Figure M)**.

**You have received your full dose, if you have:**

- ✓ Used 1 device
- ✓ Given 1 spray into 1 nostril

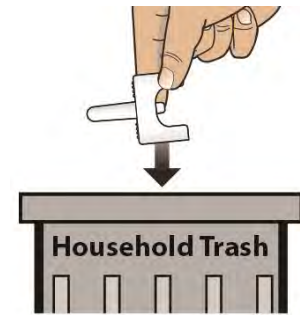


Figure M

This Instructions for Use has been approved by the U.S. Food and Drug Administration.

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1/2019