

## ENT Department & Head and Neck Department

# Patient Information for Betnesol Nose Drops

Betnesol nose drops contain small amounts of steroids, called betamethasone.

Betamethasone is a topical corticosteroid ('steroids' for short), which can reduce inflammation (congestion, redness, itching, and soreness).

Topical means that they are used on the outside of the body and **not** taken by mouth or injection.

Topical steroids should not be confused with anabolic steroids (misused by some athletes and bodybuilders).

**Do not** use them for longer than the prescribed time; this is usually around 4 weeks, unless on the advice of your consultant.

### **Before you use this medicine:**

#### **Tell your doctor if:**

- You have glaucoma (increased pressure in the eye);
- You have any infections in your eyes, ears or nose;
- You have tuberculosis (TB);
- You have recently had nasal surgery;
- You are pregnant or likely to be pregnant. (If you use this medicine while pregnant there may be a small risk of cleft palate or growth problems with your baby)

**As with all medicines, side-effects can occur and these may include any of the following:**

- Sensitivity reactions, which may not appear until some time after you have started to use the drops, include irritation, burning, stinging and itching of the skin. These are rare.



## Patient Information

- Rarely these drops can cause, irritation, dryness, sneezing, headache, light-headedness, itching, feeling sick, nosebleeds, blocked nose, disturbance to sense of taste and smell, difficulty breathing, and ulcers or holes (perforation) in the tissues dividing the two halves of the nose (septum) may occur.
- Slowing of growth has been reported in children. Height should be monitored if treatment is prolonged.

Using too much of this medicine for a long time could cause side effects in the rest of the body, and stop your adrenal glands making the body's own steroids. It is important to only use the drops for as long as they are needed.

Accidental swallowing of the contents of one bottle (up to 10ml) is unlikely to lead to any serious adverse events.

If you miss a dose, just put in the dose as soon as you remember. If it is at the time when the next dose is due, put in the usual dose and **not** a **double dose**.

If you have taken the steroid drops for more than two months **do not stop the drops immediately**. One month before stopping decrease the dose by half for 2 weeks then decrease the number of times you take the drops by half for another 2 weeks, then stop the drops.

## Further Information

If you need any further information, please contact Ward 32 (ENT) on 024 7696 5241.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7831.

The Trust operates a smoke free policy.

### Document History

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