

Package leaflet: Information for the user

Vicks Sinex 0.5 mg/ml, nasal spray solution

Oxymetazoline hydrochloride

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. This medicine is available without prescription. However, you still need to use Vicks Sinex carefully to get the best results from it.

- **Keep this leaflet.** You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor or nurse if you do not feel better or if you feel worse.

What is in this leaflet:

1. What Vicks Sinex is and what it is used for
2. What you need to know before you use Vicks Sinex
3. How to use Vicks Sinex
4. Possible side effects
5. How to store Vicks Sinex
6. Contents of the pack and other information

1. What Vicks Sinex is and what it is used for

Vicks Sinex is a nasal spray used for localised relief of the symptoms of a blocked nose in association with a cold or rhinitis, in adults, adolescents, and children 6 years of age and older.

The effect of the spray starts after several minutes and lasts up to 12 hours.

2. What you need to know before you use Vicks Sinex

Do not use Vicks Sinex:

- if you are allergic (hypersensitive) to the active substance Oxymetazoline hydrochloride or any of the other ingredients of this medicine (listed in section 6)
- if you are taking (or have taken during the last two weeks) monoamine oxidase inhibitors (MAO inhibitors are used in the treatment of Parkinson's disease and depression).
- if you suffer from acute heart disease or cardiac asthma
- if you suffer from increased eyeball-pressure (narrow-angle glaucoma)
- if you have had an operation to remove your pituitary gland
- if you have inflamed skin or mucous membranes of your nostrils or have scabs in your nose.

Warnings and precautions

- Talk to your doctor or pharmacist before using Vicks Sinex if you have:
- high blood pressure,
- Ischemic heart disease including angina,
- diabetes
- thyroid problems
- enlarged prostate gland [prostatic hypertrophy]

- increased intraocular pressure
- phaeocromocytoma (a rare tumour of the adrenal gland)

Other medicines and Vicks Sinex

Tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines.

- **monoamine oxidase inhibitors** (MAOIs) are used in the treatment of Parkinson's disease and depression). **Do not use** Vicks Sinex if you have taken MAOIs during the last two weeks.
- **tricyclic antidepressants** – inform your doctor if you are taking drugs used in the treatment of depression such as amitriptyline and imipramine.
- **Beta blockers or high blood pressure medicines** - inform your doctor before use if you are taking any of these.
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Pregnancy, and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

Due to insufficient information available on the use of the product during pregnancy and breast-feeding, Vicks Sinex should only be used on the advice of a doctor.

Driving and using machines

Vicks Sinex has no influence on the ability to drive or use machines.

Vicks Sinex contains benzalkonium chloride and benzyl alcohol

This medicine contains 0.01 mg benzalkonium chloride in each dose (1 spray) which is equivalent to 0.2 mg/ml. Benzalkonium chloride may cause irritation or swelling inside the nose, especially if used for a long time.

This medicine contains 0.1 mg benzyl alcohol in each dose (1 spray) which is equivalent to 2 mg/ml. Benzyl alcohol may cause allergic reactions and/or mild local irritation.

3. How to use Vicks Sinex

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Adults and children over 10 years: 1-2 sprays in each nostril no more than 2-3 times daily.

Children 6-10 years: 1 spray in each nostril no more than 2-3 times daily.

This medicine is not intended for children under 6 years of age. Medicines with lower strengths of oxymetazoline should be used in this population.

Do not use for longer than 7 days in a row and do not exceed the recommended dose. If used over a longer period or overdosing, Vicks Sinex may cause blocked nose and may reduce efficacy of the product.

Direct contact with the eyes should be avoided.

Contact your doctor if symptoms worsen or do not improve.

Method of administration:

1. Remove the cap. Before using for the first time, prime the pump by firmly depressing its rim ~~several times~~ until a uniform spray mist escapes (approximately 5 to 10 times). Keep the bottle upright with the nasal applicator just into the nostril. Hold the other nostril closed.
2. Spray and breathe deeply through your nose at the same time. Repeat in the other nostril.
3. Adults and children over 10 years may repeat steps 1 and 2 once if necessary.
4. Wipe the nasal applicator with a wet and clean tissue and replace the dust cover immediately after application.

~~Do not use product whilst recumbent~~ Use the product in an upright position.

If you use more Vicks Sinex than you should

If you use too much Vicks Sinex or in case of swallowing,, seek medical advice immediately and take the bottle or pack with you.

Overdosage may occur after nasal or accidental oral administration

Symptoms of an overdose (in case of moderate to severe overdose) may be:

Increased blood pressure, a rapid heartbeat , pounding heartbeat , cardiac arrhythmia, cardiac arrest, cardiac failure, sweating, agitation, convulsion, dilatation of the pupil, nausea, vomiting, blue skin or lip, fever, spasm, circulatory collapse, too much fluid in the lungs, respiratory disorders, psychic disorders, drowsiness, paleness, constriction of the pupil, decrease in body temperature, slower heartbeat, shock-like hypotension, temporary cessation of breathing, loss of consciousness, convulsions and coma.

If you forget to use Vicks Sinex

Do not take a double dose to make up for a forgotten dose; instead, continue using according to the administration instructions.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. In general, no severe undesirable effects are expected.

- **Uncommon** (may affect up to 1 in 100 people):

Sneezing, dryness or irritation in the nose, mouth or throat, after the effect has worn off swelling of the nasal lining (reactive hyperaemia).

- **Rare** (may affect up to 1 in 1,000 people):

Anxiety, sedative effect, irritability, disturbed sleep, rapid heartbeat, palpitations, increased blood pressure, reduced effect of a dose, headache, rash and visual disturbances.

- **Unknown**

Nausea.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet. You can also report side effects directly via [the national reporting system listed in Appendix V*](#). By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Vicks Sinex

Keep this medicine out of the sight and reach of children.

Do not store above 25 °C.

Do not use this medicine after the expiry date which is stated on the carton and label of the bottle after EXP. The expiry date refers to the last day of that month.

Use this medicine within 12 months of first opening of the bottle.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information

What Vicks Sinex contains

The **active substance** is: oxymetazoline hydrochloride 0.5 mg/ml. One spray (equivalent to 0.05 ml) contains approximately 25 micrograms oxymetazoline hydrochloride.

The **other ingredients** are sorbitol, sodium citrate, polysorbate 80, benzyl alcohol, citric acid anhydrous, benzalkonium chloride solution, acesulfame potassium, levomenthol, cineole, disodium edetate, aloe dry extract, levocarbonyl, water, purified. (See section 2 Vicks Sinex contains benzalkonium chloride and benzyl alcohol).

What Vicks Sinex looks like and contents of the pack

Vicks Sinex nasal spray solution is a metered dose nasal pump spray.

The pack contains an amber glass bottle with a white pump on top. The bottle is filled with 15 ml of product. Each bottle contains a minimum of 265 sprays.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder

<To be completed nationally>

Manufacturer

Procter & Gamble Manufacturing GmbH
Procter & Gamble Straße 1
64521 Groß-Gerau, Hessen
Deutschland

This medicinal product is authorised in the Member States of the EEA under the following names:

Austria: WICK Nasivin Aloe & Eukalyptus 0,5mg/ml - Nasenspray

Belgium: Nesivine Eucalyptus, 0,5mg/ml neusspray oplossing

Bulgaria: Викс Синекс Алое и Евкалипт 0,5 mg/ml спрей за нос, разтвор

Czech Republic: Sinex Vicks Aloe a Eukalyptus 0,5mg/ml, nosni sprej, roztok

Estonia: Sinex

Finland: Vicks Sinex 0,5 mg/ml nenäsumute, liuos

Germany: WICK Sinex avara Nasenspray 0,5 mg/ml Lösung

Greece: Vicks Sinex nasal spray solution 0,5mg/ml
Hungary: Nasivin Aloe Vera és Mentol 0,5 mg/ml oldatos orrspray
Lithuania: Sinex 0,5 mg/ml nosies purškimas (tirpalas)
Latvia: Sinex 0,5 mg/ml deguna aerosols, šķīdums
The Netherlands: Vicks Sinex Aloë 0,5 mg/ml neusspray oplossing
Poland: Nasivin Vicks Aloes i Eukaliptus, 0,5 mg/ml, aerozol do nosa, roztwór
Portugal: Vicks Sinex Aloe 0,5 mg/ml solução para pulverização nasal
Romania: Vicks Sinex 0,5 mg/ml spray nazal, soluție.
Spain: NasalVicks 0,5mg/ml solución para pulverización nasal
Sweden: Vicks Sinex, 0,5 mg/ml, nässpray, lösning

This leaflet was last revised in 22 December 2025

<To be completed nationally>