

Instructions for Use – please read attentively

# Crèche Guard

## NASAL HYGIENE DOUCHE

Read this information carefully before you start using **CRÈCHE GUARD NASAL HYGIENE DOUCHE**. **DO NOT THROW THIS LEAFLET AWAY!** It contains important information. If you have any questions about **CRÈCHE GUARD NASAL HYGIENE DOUCHE** please ask your healthcare provider.

### What is **CRÈCHE GUARD NASAL HYGIENE DOUCHE** and what is it used for

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** is a Medical Device which contains Ectoin®, a natural cell-protective molecule with inflammation-reducing and membrane-stabilizing properties.

The nasal douche is intended for prevention and treatment of rhinitis and rhinosinusitis symptoms. It reduces inflammations of disturbed mucosa in the nose. Typical symptoms such as dry and sore nasal mucosa, sneezing, itching, congestion, and crust formation are alleviated.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** reduces the harmful influences of allergens and airborne particles and supports the regeneration of irritated nasal mucosa.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** is a slightly hypertonic solution. It gently cleans the nasal cavities, provides essential moisture, prevents dehydration and helps to decongest the nasal mucosa in a natural way, thereby supporting free breathing.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** is free from preservatives, suitable for children, sensitive noses and can be used daily.

### Warnings and precautions

- **CRÈCHE GUARD NASAL HYGIENE DOUCHE** should not be used in the case of hypersensitivity to Ectoin® or any of the other ingredients of the nasal douche.
- If allergic reactions occur, the use of **CRÈCHE GUARD NASAL HYGIENE DOUCHE** must be discontinued immediately.

### What you need to know before using **CRÈCHE GUARD NASAL HYGIENE DOUCHE**

There are no data available regarding interactions between **CRÈCHE GUARD NASAL HYGIENE DOUCHE** and other topical nasal treatments.

### How to use **CRÈCHE GUARD NASAL HYGIENE DOUCHE**

Always use **CRÈCHE GUARD NASAL HYGIENE DOUCHE** according to these instructions for use. Consult your healthcare provider before use if you are uncertain. Persons who are unable to use **CRÈCHE GUARD NASAL HYGIENE DOUCHE** on their own should be assisted during the application.

Apply **CRÈCHE GUARD NASAL HYGIENE DOUCHE** in each nostril 2-6 times a day or as directed by your healthcare provider, according to the following description.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** can be used at any angle and has a nozzle specifically designed for delicate noses.

### Infants and children aged up to 11 years:

1. Lay down the infant or ask the child to sit down with the head in an upright position.
2. Clean the nose with a tissue.
3. Remove protective cap.
4. Gently insert the nozzle into one nostril, briefly press down the nozzle to release the spray.
5. Remove the nozzle.
6. Optional: gently press your finger onto the treated nostril or ask the child to do so, if capable.
7. Ensure that any excess solution runs out of the nostril, and clean the nose with a tissue.
8. Repeat these steps in the other nostril.
9. Clean the nozzle with warm water and wipe dry.
10. Replace the protective cap onto the bottle.

To ensure safe hygiene, each nasal douche bottle should only be used by one person.

**Possible side effects of **CRÈCHE GUARD NASAL HYGIENE DOUCHE**** is well tolerated. Up to now, no regularly occurring or persistent side effects have been reported.

Please inform your healthcare provider of the product if you notice side effects that are associated with the use of **CRÈCHE GUARD NASAL HYGIENE DOUCHE**.

If conditions persist or worsen, contact your healthcare provider.

### How to store **CRÈCHE GUARD NASAL HYGIENE DOUCHE**

The expiry date of **CRÈCHE GUARD NASAL HYGIENE DOUCHE** is printed on the box and on the bottle.

Do not use the product after its expiry date has passed.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE** should be stored between 2 °C – 25 °C.

**Pressurized container**; please protect from sunlight and do not expose to temperatures exceeding 50 °C.

Do not pierce or burn, even after use.

**CRÈCHE GUARD NASAL HYGIENE DOUCHE should be kept out of reach of children.**

### Content of **CRÈCHE GUARD NASAL HYGIENE DOUCHE** and other information

50 ml solution.

### Ingredients

Ectoin®, sea water, purified water.

### Manufactured by:

bitop AG, Stockumer Str. 28,  
58453 Witten, Germany

### Marketed by:

iNova Pharmaceuticals (Pty) Ltd.  
Co. Reg. No. 1952/001640/07  
15E Riley Road, Bedfordview, 2007  
Tel: +27 11 087 0000  
www.inovapharma.co.za www.crecheguard.co.za

### Date of information:

20 March 2018

LT083.04.18

### Explanation of the symbols used on the product:



CE mark



Temperature limitation



Lot number



Caution, check the instructions for use (for important warnings/precautions)



Manufacturer



Please consider the instructions for use



Use by (Expiry date)

# Crèche Guard

## NASAL HYGIENE DOUCHE

Funda lolu lwazi ngokucophelela ngaphambi kokuqala usebenzise **iCRÉCHE GUARD NASAL HYGIENE DOUCHE**. **UNGALILAHLI LELI PHESHANA** ngoba linolwazi olubalulekile. Uma unemibuzo nge**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** sicela ubuze kwabezempilo.

**Ngabe iyini iCRÉCHE GUARD NASAL HYGIENE DOUCHE futhi isetshenziselwani**

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** iyi-Divayisi Yokwelapha equkethe i-Ectoin® okuyi-molecule yendalo evikela ama-cell ngokwehlisa ubuhlungu obushisayo nezinto ezidambisa ama-membrane.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** yehlisa ubuhlungu bezinto ezingakuphathi kahle kanjalo nama-particles ongawahabula emoyeni ivuselele izindawo ezithintekile emakhali.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** inciphisa ingozi yokuhlaselwa ngama-allergy nokungcola okusemoyeni bese isiza ekwakhekeni kabusha kolwaba lwengaphakathi lekhalu, elisuke lihlukumezekile.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** iyikhambi le-hypertonic. Ikhuculula ihlanze imigudu yasemakhali, ifake nomswakama odingekayo ngendlela yendalo, ivikele ekutheni kungomi emakhali futhi angagqilazeki ukwazi ukuphefumula ngokukhululeka.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** ayinazithako zokuyiqumisa, ifanele izingane namakhala azwelayo kanti ungayisebenzisa nsuku zonke.

**Izexwayiso nezaluleko zokuphepha**

- iCRÉCHE GUARD NASAL HYGIENE DOUCHE** akufanele ukuba uyisebenzise uma usheshe uzwele kwi-Ectoin noma kwezinye izithako ze-nasal douche.
- Uma unezimpawu zokungezwani nayo kufanele ukuyeke ngokushesha ukusebenzisa **iCRÉCHE GUARD NASAL HYGIENE DOUCHE**.

**Okudingayo ngaphambi kokusebenzisa iCRÉCHE GUARD NASAL HYGIENE DOUCHE**

Abukho ubufakazi obuqinisekisa ukuthi **iCRÉCHE GUARD NASAL HYGIENE DOUCHE** inokuxhumana nezinye izinto ezigcotshwayo zokwelapha amakhala.

**Indlela yokusebenzisa iCRÉCHE GUARD NASAL HYGIENE DOUCHE**

Njalo sebenzisa **iCRÉCHE GUARD NASAL HYGIENE DOUCHE** ngokulandela lemithetho yokusetshenziswa kwayo. Xhumana nabezempilo ngaphambi kokusetshenziswa kwayo uma ungenasiqiniseko. Abantu abangakwazi ukusebenzisa **iCRÉCHE GUARD NASAL HYGIENE DOUCHE** ngokwabo kufanele basizwe.

Faka **iCRÉCHE GUARD NASAL HYGIENE DOUCHE** ekhaleni ngalinye izikhathi ezingu-2-6 ngosuku noma ngokugunyazwa abezokwelapha.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** ungayisebenzisa ngisho ngabe ime kanjani kanti futhi ine-nozzle eyenzelwe ikakhulu amakhala asheshe azwele.

**Izingane ezincane nezeminyaka efinyelela ku-11:**

- Lalisa umntwana phansi noma umhlalise phansi ikhanda libheke phezulu.
- Yihlanze amakhala nge-tissue.
- Gudluza isivalo.
- Faka kahle i-nozzle ekhaleni elilodwa uyiputshuze ukuze kuphume i-spray.
- Gudluza i-nozzle.
- Ngokuthanda kwakho: cindezela kancane umunwe ekhaleni obulufutha noma ucelele ingane ikwenze lokho uma izokwazi.
- Qiniseka ukuthi uma enye ingxenye iphuma ekhaleni, uyisula nge-tissue.
- Phinda futhi wenze lezi zinyathelo nakwelinye ikhala.
- Hlaza i-nozzle ngamanzi afudumele uyisule yome.
- Buyisela isivalo ebhodleleni

Ukuqinisekisa ukuhlanzeka, ibhodlela ngalinye le-nasal douche kufanele lisetshenziswe ngumuntu oyedwa.

**Izimpawu zokungezwani nawe zeCRÉCHE GUARD NASAL HYGIENE DOUCHE**

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** iyabekezeleka. Kuze kube yimanye ayikho imibiko esike yezwakala yokugula noma yokungezwani nabantu esikwe yabikwa. Uyacelwa ukuba ubikele abezokwelapha uma uzwa izimpawu ezikhomba ukungahambisani ne**iCRÉCHE GUARD NASAL HYGIENE DOUCHE**.

Uma lesi simo siqhubeka, xhumana nabezempilo.

**Indlela yokubeka iCRÉCHE GUARD NASAL HYGIENE DOUCHE**

Usuku lokuphelelwa wukusebenza kwayo **iCRÉCHE GUARD NASAL HYGIENE DOUCHE** lubhalwe ebhokisini nasebhodleleni.

Lo mkhiziqo ungowusebenzisi emva kokwedlula kosuku lokuphelelwa wukusebenza kwawo.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE** kufanele ibekwe phakathi kwezinga elingu-2 °C – 25 °C.

**Isigujana sayo esinomoya;** sivikele elangeni usivikele ekushiseni okungaphezu kuka-50 °C.

Ungasibhobozi noma usishise ngisho usuqedile ukusebenzisa.

**iCRÉCHE GUARD NASAL HYGIENE DOUCHE kufanele uyibeke lapho izingane zingekwe zifinyelele khona.**

**Okuqukethewe yiCRÉCHE GUARD NASAL HYGIENE DOUCHE nolunye ulwazi**  
50 ml solution.

**Izithako**

Ectoin®, amanzi olwandi namanzi ahlanzekile.

**Ikhiziqwe yi:**

Bitop AG, Stockumer Str. 28, 58453 Witten, Germany

**Nimakethelwe ngabe:**

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**Lolu lwazi lukhishwe:**

Mhlaka 20 March 2018

**Incazelo yezimpawu ezisetshenziswe kulo mkhiziqo:**



Uphawu lwe-CE



Umkhiziqo



Umkhawulo wezinga lokushisa 2 °C – 25 °C



Sicela uhambanise nemiyalelo yokuyisebenzisa



Inombolo yesigaba



Ingayisebenzisa kuze kube (Usuku lokugcina lokuyisebenzisa)



Qaphela, funda ukuthi isetshenziswa kanjani (izexwayiso ezibalulekile/izaluleko zokuphepha)