

flo® CRS

Cleansing Relief from Symptoms of Sinusitis

Consumer Medicine Information

What is FLO CRS?

FLO CRS is a non medicated preservative free nasal and sinus irrigation kit.

It has been formulated with a low sodium and potassium content to minimise any adverse affect on the natural immune factors present in nasal and sinus tissue.

FLO CRS can be used to relieve congestion from sinusitis and as a cleansing solution after nasal and sinus surgery.

The kit consists of a wash bottle and pre-mixed sachets of FLO CRS powder. Refill sachets are available separately.

Why use FLO CRS?

FLO CRS is designed to irrigate the nasal and sinus cavities using a large volume of solution delivered at low positive pressure. This method improves the penetration of irrigation fluid into the sinus cavities compared with traditional metered nasal pump sprays¹. Symptoms resulting from sinus inflammation may be relieved by washing the sinuses, as this helps remove the excess mucus being produced in those cavities.

How to use and clean the FLO CRS Kit

1. **First time use.** Thoroughly wash the bottle, tube and cap with warm soapy water. Rinse all

components with tap water and dry using a clean paper towel.

2. Fill the bottle to the FILL LINE using lukewarm pre-boiled water. NOTE: Water must be boiled for at least 1 minute before cooling until lukewarm. If more convenient, boiled water may be stored in a clean container in the refrigerator for up to 48 hours. You can re-heat the water in the FLO wash bottle using a microwave oven in 5 second bursts until it is lukewarm.
3. Cut or tear open one sachet of FLO CRS powder. Using the guidelines, fold out the sachet into a funnel shape and pour the entire contents into the FLO bottle.
4. Screw the cap and tube firmly onto the bottle and gently shake until all the powder has dissolved.

Your mixture is now ready for use

5. Standing over a basin, bend forward and tilt your head down so that your chin almost touches your chest. Insert the tip of the cap gently into one nostril. **Whilst breathing through your mouth**, steadily and gently squeeze the bottle until the solution drains from the opposite nostril or from the mouth. Try not to swallow the solution. No harmful effects will occur if you do this. Whenever the bottle needs to refill with air, remove it from your nose before releasing your hand pressure. This helps to prevent “suck back” and contamination of the remaining

solution. Repeat these steps until half the solution has been used, then repeat the procedure on the opposite nostril.



6. Gently blow your nose to clear any remaining fluid and mucus. **Note:** If you have recently had nasal or sinus surgery, do not blow your nose before checking with your surgeon.
7. Discard any solution remaining in the bottle. Always make a fresh solution for each treatment.
8. **Cleaning after use:** Wash all components with warm soapy water and rinse well. Dry with a clean paper towel. Firmly wipe all components using either a large alcohol swab or a clean paper towel which has been well moistened with isopropyl alcohol(available from pharmacies)

Be sure to wipe down the thread on the bottle neck and inside of the cap. Allow about 5 minutes for the alcohol to dry. This helps to disinfect all components and remove any moisture. Reassemble the FLO bottle and store in the refrigerator until next needed. BEFORE NEXT USE rinse the bottle with previously boiled water to remove any residue from the isopropyl alcohol.

What side effects can be expected?

Blocked ears – this may occur if solution enters the Eustachian tube – this is the tube which connects the back of the nose with the middle ear cavity. Should this occur, clear your ears by pinching your nostrils closed and gently blowing through the nose. Your ears will start to clear when you hear a popping sound. Release the pressure on your nostrils, breathe normally and swallow several times. Repeat as necessary

Earache – this occurs when the solution is forced too vigorously into the nose by squeezing too hard on the bottle. Try to use less pressure on the bottle when using FLO CRS.

If earache persists despite using less force on the bottle, stop using the product and consult your ENT surgeon or doctor.

How often do I need to use FLO CRS?

Use FLO CRS up to three times daily or as directed by your healthcare professional. There are no adverse effects from using FLO CRS more often. Note: Use any time of the day except the last hour before bed. Lying down soon after use can result in fluid draining from the sinuses unexpectedly. This may cause coughing.

Can FLO CRS be used while pregnant or breast feeding?

FLO CRS is non-medicated and free of preservatives and may be used during pregnancy and whilst breast feeding.

Does FLO CRS interact with other medications?

FLO CRS can be used while taking any other medication. If you are using a medicated nasal spray, then it is best to use FLO CRS at least 15 minutes before using the nasal spray.

How FLO CRS is packaged

FLO CRS is available as a Starter Kit (containing a wash bottle, and 4 sachets) and as a Refill Sachet pack containing 50 sachets.

Do not use after the expiry date marked on the sachets or if the sachets appear damaged in any way.

Use only as directed and if symptoms persist consult your doctor or attending ENT surgeon.

Please refer to "Monitoring your sinusitis" on the reverse side

References

1. *A comparative study of 3 methods of nasal irrigation. Wormald PJ et al Laryngoscope Vol 114 pp 2224-2227*

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Monitoring your sinusitis

The SNOT 20 scoring system (Sino Nasal Outcome Test) scoring system provides a useful guide to the severity of sinusitis.

Directions for monitoring your sinusitis

Simply score each symptom with 0 for no symptom or 1, 2 or 3 depending on the severity of the symptom with 3 being the most severe of symptoms.

The lower the score the less severe the sinusitis.

	Start	Week1	Week 2	Week 3
Need to blow nose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sneezing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Runny nose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post-nasal discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thick nasal discharge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ear fullness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ear pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facial pain/pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty falling asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of good night's sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduced productivity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduced concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frustrated/restless/irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Embarrassed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	==	==	==	==

If your score does not improve with recommended treatment, see your healthcare professional.