

Method: Mix the tragacanth with the ethanol in a dry calibrated bottle. As quickly as possible, add most of the purified water and shake vigorously. Add the benzoic acid solution and the compound hydroxybenzoate solution, shake, then adjust to volume.

There is often confusion between tragacanth powder and tragacanth powder compound. The latter is not appropriate for this formula.

Nasal instillations

Nasal instillations are liquid preparations of drops or sprays used in the nasal passages. Viscosity, tonicity and pH of nasal instillations should approximate those of nasal secretions to avoid adversely affecting ciliary action.

Oily solutions should not be used: the oil retards the ciliary action of the nasal mucosa, and drops of oil may enter the trachea and cause aspiration pneumonitis.

Containers and storage: Bottles with a dropper should be used or suitable plastic containers. Nasal sprays should be dispensed in containers allowing the delivery of a reproducible dose of the preparation in a fine spray. Store at below 25 °C unless otherwise specified.

Expiry: The expiry date is 28 days from the date of preparation unless otherwise specified.

Labelling: Containers should be labelled CAUTION: NOT TO BE TAKEN.

Instructions for use to be provided to patients: nasal sprays

- Clear nose by gently blowing. Shake container before each use. Insert spray nozzle into nostril.
- Block other nostril and, while sniffing gently, spray once with head and canister vertical and once with head tilted forward and canister vertical.
- Repeat for other nostril.
- Do not use spray more often than directed.

Instructions for use to be provided to patients: nasal drops

- Clear nose by gently blowing.
- Lie down with the head lower than the shoulders. Insert the appropriate number of drops.
- Remain in the same position for several minutes to allow drops to penetrate.
- Dropper should be used by one person only and should be rinsed after each use.
- Do not use drops more often than directed.

ephedrine instillation

ephedrine nasal drops; ephedrine nasal spray

ephedrine hydrochloride 1 g
 chlorbutol 0.5 g
 sodium chloride 0.5 g
 propylene glycol 5 mL
 purified water, freshly boiled and cooled to 100 mL

Strength: Contains 1% of ephedrine hydrochloride (limits 0.9 to 1.1% w/v of C₁₀H₁₃NO.HCl).

Note: If 0.5% of ephedrine is prescribed the amount of sodium chloride does not need adjustment. Continual use may lead to rebound congestion.

Use: Decongestant.

phenylephrine instillation

phenylephrine nasal drops; phenylephrine nasal spray

phenylephrine hydrochloride 0.25 g
 sodium metabisulfite 0.1 g
 sodium chloride 0.6 g
 chlorbutol 0.5 g
 propylene glycol 5 mL
 purified water, freshly boiled and cooled to 100 mL

Note: This solution should be stored in small, well-filled airtight containers protected from light. Continued use may lead to rebound congestion.

Use: Decongestant.

alkaline nasal douche

powder for saline instillation

sodium bicarbonate 50 g
 sodium chloride 50 g

Use: 2 g dissolved in 100 mL of warm water as a nasal douche.

Ointments

Ointments are semi-solid preparations which may contain a medicament or mixture of medicaments dissolved or dispersed in a suitable base. They are used as emollients, as protective preparations on the skin, or for the local application of medicaments.

Emollient and protective ointments may contain vegetable oils, synthetic esters of fatty acids or wool fat, together with unreactive substances such as soft paraffin. They may consist of water-miscible bases such as macrogols, as well as emulsifiable bases which render the base miscible with tissue exudates and are more readily removed from the skin by washing.