



Information for patients prescribed SPONTAN® (vardenafil HCL nasal spray)

Introduction

Welcome to SPONTAN® (vardenafil HCL nasal spray). This guide will help you use your nasal spray correctly to get the best results while minimising or avoiding side effects. Proper technique ensures the medication works effectively and reduces the chances of discomfort.

► Technique matters

SPONTAN works best when it reaches the lining inside your nose. Using the correct technique helps the medication work more effectively, providing faster results while reducing the chances of sneezing or irritation.

► Recommended daily dose

Follow your clinician's guidance on the daily dosage.

The recommended daily dose is 5mg (2 Sprays) in 24 hours.

► Tips for Success

- **Consistency:** use the same technique every time for reliable results.
- **Practice makes perfect:** follow the steps carefully each time you use the spray. Take your time and focus on getting the technique right with each use.
- **Seek help if needed:** if irritation or sneezing persists, consult your healthcare provider for advice.

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► How to use SPONTAN® nasal spray

1. Before you begin, clear your nasal passages

- Gently blow your nose to remove any mucus.



2. Shake the bottle

- Shake the spray bottle gently to mix the solution.

3. Prepare the spray

- Remove the cap.
If using SPONTAN for the first time, prime the spray by pumping it into the air 3-4 times until a fine mist appears.



4. Tilt your head slightly forward

- Lean your head forward to prevent the spray from running down your throat.



5. Spray into the first nostril

- Close your left nostril with your left hand.
- Insert the spray nozzle into your right nostril, angling it slightly outward toward your eye and as far inside as is comfortable.
- Press the pump firmly while inhaling gently through your nose. Avoid sniffing too hard to prevent the medication from going down your throat.



6. Post first spray

- Press to close the sprayed nostril for 10-15 seconds to enhance absorption.



7. Repeat for the other nostril

- Follow the same steps for your left nostril by closing your right nostril.

8. Post second spray

- Press both nostrils closed for 10 - 15 seconds. This helps ensure the medication stays in place and reduces the urge to sneeze.



9. Final steps

- Avoid sneezing or blowing your nose for at least 10 minutes. If you feel the urge to sneeze, close your nostrils for another 5-10 seconds.
- Wash your hands and replace the cap on the spray bottle.





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Conclusion

Please note that this therapy is not registered with the Therapeutic Goods Administration (TGA) and is available through the Special Access Scheme (SAS).

If you experience prolonged or severe irritation, if sneezing or discomfort doesn't improve, or if you have any other concerns or questions about SPONTAN, please consult your healthcare provider.

Innovating Better Solutions for Men's Health

SPONTAN® is a registered trade mark of LTR Pharma Ltd.

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