

Xylometazoline hydrochloride nasal spray and drops are marketed as different brands such as Neo-Rinoleina®; Novorin®; Olynth®; Otriven®; Otrivin®; Otrivine®; Xymelin®; Sudafed® , Triofan and more. Most brands are marketed in the two strengths: 0.1% and 0.05% respectively for adults and children. Most products recommend usage of

*How many otrivin deaths have to occur, before this medicine is banned or only available on doctor's prescription?*

In this article the brand name otrivin is written with in lowercase, because this product does not deserve a name. The word otrivin is used. Though, the actual substance is xylometazoline, sold under different names.

### **Babylonian trick of pharmacy**

Pharmacy producers make things extra complicated by marketing the same product under a variety of names, a factor which increases the risks of medicines in general, and make it more hard to keep the public aware of pharmaceutical dangers.

According to the Wikipage on January 2019, Xylometazoline is available under the following names:

**Xylometazoline is sold under a number of brand names worldwide, including: Antazol (Square, in Bangladesh), Xylomet (Opsonin, Bangladesh) Cirovin, Klarigen (in Denmark), Nasolin, Neo-Rinoleina, Novorin, Olynth, Otrinoz, Otriven, Otrivin (Canada, Sweden, New Zealand, Norway, Netherlands, Greece, Russia, South Africa, Vietnam), Otrivine (United Kingdom, Turkey), Nasomist-X, Otrivin (India)[10], Otrix, Rhiniset, Zenfresh, Naphthyzinum, Xymelyn (in Latvia), Sinutab Nasal Spray, Snup akut, Sudafed, Xylo-COMOD, Xylolin (in UAE), Xylovit, Olynth (in Serbia), Xynosine (in Pakistan, Afghanistan, Kyrgyzstan and Kazakhstan), Xymelin, Zymelin, Xylostar, Xylorin (in Poland), Nasobol, Xylo Mepha and others (Switzerland), Otrivin or Decozal (in Jordan), Nasic (Romania), Narhimed (Italy).**

No products containing xylometazoline are currently marketed or available in the United States. Though, there are products like oxymetazoline, which is in fact the same substance with a slight molecular variation.

## **Oxymetazoline and hypertensive crisis in a child: Can we prevent it?**

Article in *Podiatric Anesthesia* 23(10) · May 2013 · with 22 Reads

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[Cite this publication](#)



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### **Abstract**

Oxymetazoline nasal spray is not FDA approved for use in children less than 6 years; however, its safety and efficacy are widely accepted, and it is in widespread use in children prior to procedures that may lead to epistaxis. We report a case of intraoperative oxymetazoline toxicity in a 4-year-old boy

# **OTRIVIN**

## **NASAL SPRAY**

### **A LIFE-THREATENING MEDICINE**

The Netherlands has 17 million inhabitants. More than 7 million people in the Netherlands are advised not to use otrivin without a doctor's advice. That is stated in the package leaflet of otrivin. It is not literally in those terms. If you suffer from cardiovascular disease, diabetes, prostate enlargement or younger than 18 then you should not use otrivin without consulting a doctor, that is what the producer of this medicine explains. Then you quickly reach the number of 7 million. In addition, you should not use otrivin during inflammation of the nasal mucosa with dry nose also called rhinitis sicca. Many people use it then. Most people do not know things like that. otrivin is freely available at the pharmacy; you do not need a prescription.

#### **Specification people who can not use otrivin**

Here is a table of the numbers of Dutch people, arranged on contraindication, who can not use the drug. A contraindication is a circumstance where the product may not be used, without professional medical aid.

- Cardiovascular diseases: 1 million people
- Diabetes: 1 million people, of which 250,000 do not know yet.
- Prostate enlargement: about 1.2 million
- Cataract: 150,000 people (must be operated on annually)
- Younger than 18: about 4 million
- Too fast thyroid gland: 30,000
- Pregnant women: 200,000

Total number of Dutch people who can not use otrivin, on the advice of the manufacturer: 7 million 580,000 people! This figure is rough estimate based on key data from CBS, Central Bureau of Statistics in the Netherlands. Of course this figure is not correct as it concerns estimates and there will be an overlap in the prevalence of disorders. As an example: men with diabetes can also suffer from prostate enlargement. And: people who are younger than 18 can also suffer from diabetes. However, this list indicates that it is risky to allow a drug that is often discouraged to remain in free sales. One way to counter this risk is to sell otrivin nasal spray under doctor's prescription.

the lamina propria of vessels. However, studies have revealed that misuse and overuse of xylometazoline leads to rebound congestion, hyper-reactivity, tolerance, and histologic changes of nasal mucosa.<sup>4,5,6,7</sup> The objectives of this paper are to assess the optimal



## **In coma by otrivin**

Everyone knows that a coma is a situation in which there is a big chance that the person will die. In the leaflet it says that coma is a side effect. In fact, the worst side effect of otrivin is death. There are other serious side effects: severe dizziness, sweating, significantly reduced body temperature, headache, slowed heartbeat, rapid heartbeat, difficulty in breathing, hypertension possibly followed by hypotension. Other symptoms include dry mouth, blurred vision and hallucinations. The package leaflet does not state that you can get anxiety attacks or panic attacks. This side effect is reported by users of otrivin.

## **The otrivin blood nose**

The most common side effect of otrivin is a bloody nose. More than 10% of the otriving users get a nosebleed. That already indicates how dangerous the drug is. Some people report that they get blood in the ear of otrivin. That is not in the package leaflet. Despite the fact that drugs should be well researched, the leaflet does not mention the exact percentage of people who get a nose bleed. Only more than 10% 'is a rather vague approach when you consider that billions of euros of scientific research money from taxpayers is invested in doing research into the safety of medicines.

## **What's in it?**

- Xylometazoline hydrochloride
- 84 micrograms of ipratropium bromide.
- Disodium edetate,
- Glycerol (85%),
- Purified water,
- Sodium hydroxide and
- Hydrochloric acid

## **Listwise Explanation of content substances**

- In reverse order, all the ingredients of otrivin are described below.
- Hydrochloric acid can explain that it can not be used for people with cataracts. Hydrochloric acid is a heavily toxic substance. Hydrochloric acid also causes inflammation of the nasal mucosa if it is used for more than 7 days. Because of hydrochloric acid, there is a big chance that people will have permanent blocked nose, which can then only be opened with otrivin. People become addicted to otrivin in this way.
- Glycerol is a substance often in cosmetics and even in food as e-number 422.
- Sodium hydroxide is caustic soda, or a sink drain substance. This is one of the most toxic substances on earth. No wonder a nasal bacterium is dying of it. The disadvantage is that people can die of it themselves.
- Disodium edetate is a substance contained in eye drops and dissolves calcium from the retina.
- Ipratropium bromide is a medicine used for COPD patients. A large proportion of the side effects for ipratropium bromide and otrivin are similar, such as palpitations, blurred vision and headache.

Xylometazoline hydrochloride is a substance that narrows the blood vessels. That explains the side effect that you can get a headache from it. Narrowed blood vessels can also cause high blood pressure and palpitations. Xylometazoline hydrochloride is for sale as a medicine for more brands. Some brands recommend that, if you have not received medical advice, you can not use the medicine for more than 5 days.

### **Long term use:**

Long term use of topical imidazoline vasoconstrictors including xylometazoline induces rebound swelling and rhinitis medicamentosa. Studies have shown that histamine sensitivity in the nasal mucosa starts after 10 days of xylometazoline use. After about 20 days use, there is a significant effect on the nasal mucosa compared to the status prior to starting the treatment.<sup>13</sup> So, the most effective period of xylometazoline treatment is the first ten days; and treatment period longer than 10 days leads to rebound nasal mucosal swelling in patients.

## No longer than 7 or 5 days

Nasal colds often last longer than 7 days. When you train the body by treating a nasal cold with otrivin, the self-regulating ability of the body becomes lazy and does not work as well. That means that after day 8 you have a big chance to have a stuffy nose so you are inclined to use otrivin again. This will damage the cilia mucous membrane of the nose. This will permanently give you a stuffy nose. This effect comes mainly from the hydrochloric acid with which you damage the nose.

## Otrivin addiction

Some people speak of an addictive effect of otrivin; on the one hand, this medicine opens your nose on the other side, otrivin ensures that the nose always stays closed. You may also be wise to take it for granted to blow your nose for a few days and to increase your resistance on a permanent basis by eating a lot of fruit and vegetables. If you lay an onion next to your bed, you will sleep without a stuffy nose, without a single side effect. It is also possible to take a saline solution with water; that has no side effect and works like a train. Many GPs recommend saline. You can make this yourself by mixing salt and water. This is the cheapest, most effective and safest means that exists, against blocked nose.

## Ask a doctor, pharmacist or chemist

It is stated in the package leaflet of otrivin that if you use or have recently used medicines, you should always ask the doctor or the pharmacist whether the medicine is safe. The question is whether this recommendation is justified. The pharmacist will have a strong tendency for self-interest to want to sell the product. Moreover, the product can also be bought at a chemist. Someone who has followed a short course can inform the customer about the safety of medicines. Since there are hundreds of products for sale, it is not logical to assume that the saleswoman or seller is aware of all side effects and contraindications of a product.

It is a false idea that drugs are harmless when sold at a drugstore; otrivin can be deadly. Also the freely available paracetamol causes sudden deaths, often not recognized by autopsy doctors.

## Side effects last for months

The list of side effects does not show how long the side effects persist. You might think: "If I have panic attacks during those four days, I'll take that into account." You can take that for granted. However, there have been reports that these panic attacks continue well beyond the use of otrivin. Sometimes people still suffer from dry throat, panic attacks, swallowing problems or headaches four months after using otrivin. And those are just the slightest side effects.

## Aura of innocence leads to deadly danger

An additional danger of the fact that this medicine is in free sale is that science is less likely to discover how dangerous it is. If someone uses it, unprescribed and thus unknowingly for doctors, and this use is in combination with heart medications, then when this patient suddenly dies, nobody will immediately seek the cause in a nasal spray. Nasal spray is surrounded with a misplaced aura of innocence. In this way one never finds out the real cause of a potentially fatal combination of medicines: an ordinary nasal spray.

**Drug Safety and Availability**

- Drug Alerts and Statements
- Medication Guides
- Drug Safety Communications
- Drug Shortages
- Postmarket Drug Safety Information for Patients and Providers
- Information by Drug Class
- Medication Errors
- Drug Safety Predicts
- Safe Use Initiative
- Drug Recalls
- Drug Supply Chain Integrity

### FDA Drug Safety Communication: Serious adverse events from accidental ingestion by children of over-the-counter eye drops and nasal sprays

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**Safety Announcement**  
[Additional Information for Consumers and Parents/Caregivers](#)  
[Additional Information for Health Care Professionals](#)  
[Data Summary](#)  
[List of Products](#)  
[References](#)

**Safety Announcement**  
**[10-25-2012]** The U.S. Food and Drug Administration (FDA) is warning the public that accidental ingestion (swallowing) by children of over-the-counter (OTC; available without a prescription) eye drops used to relieve redness and nasal decongestant sprays can result in serious harm. The eye drops and nasal sprays that have been involved in the cases of accidental ingestion contain the active ingredients tetrahydrozoline, oxymetazoline, or naphazoline. These products are sold under various brand names, as generics, and as store brands (see List of Products below).



**A**

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

**B**

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

**C**

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

**D****E**

[Eggplant](#)

[Endive](#)

**F**

[Fennel](#)

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**G**

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**H**

[Horseradish](#)

[Hot pepper](#)

**I**

[Iceberg lettuce](#)

**K**

[Kale](#)

**L**

[Leek](#)

[Lettuce](#)

**M**

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

**N**

[Nettle](#)

**O**

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

**P**

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

**R**

[Root celery](#)

[Romaine lettuce](#)

**S**

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

**T**

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