

Taking fentanyl nasal spray for pain

What is fentanyl nasal spray?

- Fentanyl is a strong morphine-like medicine
- Instanyl and PecFent are pre-packed nasal sprays which both contain fentanyl
- Fentanyl comes as a liquid spray into the nose and is rapidly absorbed through the lining of the nose.

Why do I / my child need to take fentanyl nasal spray?

Fentanyl is used to reduce moderate and severe rapid onset (breakthrough) pain.

Breakthrough pain is pain that breaks through background lasting pain

Your child may also be taking another longer acting morphine pain medicine for background pain.

When should fentanyl nasal spray be taken?

- For rapid start of breakthrough pain
- Before an expected painful event such as wound care or pain on moving.

How do I use the spray?

Follow the patient leaflet that comes with the medicine bottle.

- Remove the cap from the child-proof blister container. Remove the protective cap from the bottle tip when you want to use it.
- Blow your nose if it is runny or blocked
- Sit upright and insert the tip of the bottle about $\frac{1}{2}$ inch (1cm) into one side of your nose, pointing the tip towards the bridge of the nose.
- Close your other nostril with a finger
- Press the plunger firmly upwards to release the dose (see picture) whilst inhaling gently through the nose. Remove from the nose
- Do not sniff after spraying the medicine into your nose
- Stay sitting down for at least one minute after using fentanyl nasal spray as it can make you feel lightheaded



Children's Unit Page 1 of 3

Revised: November 2025 Planned review: November 2028

© The Royal Marsden NHS Foundation Trust CU-1771-03



Radiotherapy and
Chemotherapy Services
F538021 & F538022



- Replace the cap on the bottle and put the bottle back into the child-proof container
- Store at room temperature out of reach of children
- Do not blow your nose for at least 30 minutes after using fentanyl nasal spray
- If your pain is not better within 10 minutes, repeat the spray into the other nostril as advised.

How do I know if my child has received the dose?

Your child may not feel the spray go into their nose. They have received the medicine when the plunger has been pressed up or the number increases in the counting window.

How do I know the medicine is used up?

There are two kinds of fentanyl spray:

Instanyl comes in different pack sizes in a single child-proof blister pack.

PecFent has 8 full sprays per bottle and comes in a child-proof container. After the first spray, number 1 will appear in counting window. This number goes up each time the spray is used, finishing at number 8.

How much fentanyl nasal spray should my child take?

- You should **not** take more than one or two sprays of fentanyl for each pain episode, as prescribed
- You should wait 4 hours before taking any further doses for a new pain event
- You can use this medicine for a maximum of 4 events of pain in 24 hours
- If your child's pain does not get better after the dose of nasal spray, follow your pain plan or contact The Royal Marsden symptom care team for further advice
- If your child is needing 4 or more doses a day, the symptom care team will need to review, and they could make changes to the pain medicines.

The most common side effects of fentanyl are:

• nausea	• vomiting	• dizziness
• headache	• constipation	• sleepiness

Is there anything else I need to be aware of?

If nose bleeds or discomfort occurs while taking the nasal spray, please speak to your symptom care team.

Grapefruit and grapefruit juice may interact with fentanyl so do not take within 30 minutes of using the nasal spray. No other rapid onset fentanyl products should be taken at the same time as nasal fentanyl.

Contact details

If you have any questions, please contact:

The Royal Marsden Children and Young People's Oncology Outreach and Symptom Care Nurse Specialists (CYPOONS).

Tel: 020 8661 3625

(Monday to Friday, 9am - 5pm)



Out of hours (evenings and weekends)

Tel: 020 8642 6011

Follow the electronic message to The Royal Marsden switchboard and ask for the PATCH team



NHS