

How to Use My Nasal Spray

- ❖ Nasal sprays are used to deliver medications into your nostrils. Most often, they are used to treat allergy or cold symptoms, such as itching, sneezing, or nasal congestion.
- ❖ Most nasal sprays work by introducing a fine mist of the medication into your nostrils by the action of a hand-operated pump bottle.

Directions: Wash your hands before and after using your nose spray. Blow your nose gently before using nasal sprays. To prep a new bottle, spray in the air a few times until a mist is seen.

Figure 4. Correct procedure for using a nasal spray

1. Shake bottle well
2. Look down
3. Using RIGHT hand for LEFT nostril put nozzle just inside nose aiming towards outside wall
4. Squirt once or twice (2 different directions ↙ ↘)
5. Change hands and repeat for other side
6. DO NOT SNIFF HARD



Adapted from Scadding GK, Durham SR, Mirakian R, et al. BSACI guidelines for the management of allergic and non-allergic rhinitis. *Clin Exp Allergy* 2008;38:19-42. (full permission obtained)

Tips to Remember:

- Do not over use nasal sprays. Read the labels carefully.
- Always clean the nose spray in between uses.
- Nasal sprays can cause the nasal passage to dry out. Use a saline rinse in between days to keep nasal passage moist.
- If you have any side effects of the nasal spray, such as pain in your nose, or nosebleeds, then stop using the medication and contact your doctor.

Today I was given _____. Use _____ a day, _____ spray(s) per nostril.

This information was taken from: http://www.thepcrj.org/journ/view_article.php?article_id=924