

Nasal Sprays

- Gently insert the bottle tip into one nostril as shown in drawing A.
- Keep head upright. Sniff deeply while squeezing the bottle. Repeat with other nostril.



A

Pump Nasal Sprays

- Prime the pump before using the first time. Hold the bottle with the nozzle between the first two fingers and thumb on the bottom of the bottle.
- Tilt the head forward.
- Gently insert the nozzle tip into one nostril as shown in drawing B. Sniff deeply while depressing the pump once.
- Repeat with other nostril.



B

Nasal Inhalers

- Warm the inhaler in hand just before use.
- Gently insert the inhaler tip into one nostril as shown in drawing C. Sniff deeply while inhaling.
- Repeat with other nostril.
- Wipe the inhaler after each use. Make sure the cap is tightly in place between uses. Discard after 2-3 months even if the inhaler still smells medicinal.



C

Nasal Drops

- Squeeze the bulb to withdraw medication from the bottle.
- Lie on bed with head tilted back over the side of the bed as shown in drawing D.
- Place the recommended number of drops into one nostril. Gently tilt head from side to side.
- Repeat with other nostril. Lie on bed for a couple of minutes after placing drops in the nose.
- Do not rinse the dropper.



D