

## CORRECT USE OF NASAL SPRAYS

1. Hold your head in a comfortable upright position with chin tipped down slightly.
2. Blow your nose gently to remove any excess nasal secretions/mucus.
3. Gently insert the spray nozzle into the nostril. (Remember to prime the bottle according to manufacturer's instructions if this is a new bottle of nasal spray!)
4. When spraying, direct the spray toward the outer portion of your eye or toward the top of the ear on the side of the nose you are spraying. **DO NOT** aim toward the middle of the nose/septum. If you are able, use the right hand to spray the left nostril in order to direct the spray away from the septum/middle of the nose.
5. Use the nasal spray as directed by your doctor.
6. Gently breathe in or sniff while using the spray.
7. Repeat the above procedure on the other side of your nose.

