



Nasal Spray Know How

Nasal sprays help with and prevent nasal congestion, runny nose and sneezing with very few side effects.

Nasal sprays put allergy medication right where you need it, on the lining of nasal passages.

There are 2 Kinds of Nasal Sprays:

- Water-based in a pump spray
- Waterless dry sprays with dose counters



Follow the instructions below to use nasal sprays the right way. This will help you to get the most out of the medication and lessen any side effects.

Nasal Spray Step-by-Step Instructions

- 1. Read the instructions before using.** Each medication is different. Look at how to prime, clean, how to hold the canister or pump and if you need to breathe in or not.
- 2. Prime the spray** by squirting it into the air a few times until it comes out in a fine mist. Do this before the first use or if you have not used it in a while.
- 3. Blow your nose gently** to clear out mucus before using the spray. This lets medicine get up into the nasal passages. If badly congested, you may need a nasal wash or a decongestant. This may take a few days to open up your nose before you spray.
- 4. Gently put in the tip of the nasal spray $\frac{1}{4}$ to $\frac{1}{2}$ inch up into your nose.** It is made not to go too far. Do not try to push it in. Do not touch the septum (the tissue separating the two sides of your nose) with the tip of the nasal spray.

Point the spray away from the center of your nose.

Point it toward your ear to make sure the spray goes to the back of the nose. This will make sure less medicine goes on your septum and causes damage.

Hold the spray with your left hand when putting it into the right nostril. Hold the spray with your right hand when putting it into the left nostril.



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5. Lean forward a little. Press and close the nostril you are not using. If told by your doctor, breathe in gently from the other nostril as you let out the spray.

Some sprays do not need you to breathe in.
Other sprays have you lean your head back, not forward.



6. Breathe out from your mouth.

Do not blow your nose for at least 15 minutes after using the spray. Just wipe away any liquid that drips.

7. Wipe the tip clean after every use and put cap on.

If clogged check instructions for cleaning. **Do not** use a pin or any other object to open or make the hole bigger.



8. Keep track of doses and priming sprays used.

Replace nasal spray after recommended uses.

Some liquid may be leftover in the container after all doses have been used. **Do not** use any leftover liquid. It is not a good mix of the medication.

Material Adapted from Allergy and Asthma Network. <http://allergyasthmanetwork.org>