How to Use Nasal Sprays Properly

1 Wash your hands thoroughly with soap and water.

2 Blow your nose gently before using the spray.

3 Gently insert the bottle tip into one nostril. Press on the other side of your nose with one finger to close off the other nostril.

4 Keep your head upright.

5 Breathe in quickly while squeezing the bottle.

6 Repeat in other nostril.

7 Wash your hands thoroughly with soap and water.

Helpful Hints

- It may take up to 2 weeks of using a nasal steroid spray before you notice the full effects
- Make sure you can sniff air through each nostril before spraying, otherwise the medication will be wasted
- Point the nozzle toward the back of your head
- Look at your toes and spray in your nose
- The spray should not drip down the back of your throat
- Wash the device at least once a week
- Try not to blow your nose after using spray