

HOW TO ADMINISTER A NASAL SPRAY

Important Note:

Self-administration should only be done under the guidance and approval of your healthcare provider. Always follow your healthcare provider's instructions for taking your prescription.

A Step-by-Step Guide to Using Nasal Spray

This guide provides step-by-step instructions for properly using a nasal spray. It includes preparation tips, correct technique, and aftercare to ensure safety and effectiveness.

Preparation for Use

1. Wash your hands with warm water and soap, then dry them thoroughly.
2. Check the spray bottle for expiration date or damage. Do not use if expired or damaged.

Using the Nasal Spray

1. Shake the bottle gently to mix the solution.
2. If it's your first use or hasn't been used in a while, prime the pump by spraying away from your face until a fine mist appears.
3. Hold the bottle with your index and middle fingers on either side of the nozzle and your thumb underneath.
4. Tilt your head slightly forward.
5. Gently insert the nozzle into one nostril while closing the other.
6. Press the pump as you breathe in gently. Do not tilt your head back or sniff forcefully.
7. Repeat in the other nostril.

Aftercare and Storage

1. Avoid blowing your nose immediately after use.
2. Clean the nozzle with warm water and let it air dry.
3. Refrigerate the nasal spray after each use.
4. Keep it out of reach of children and store securely.