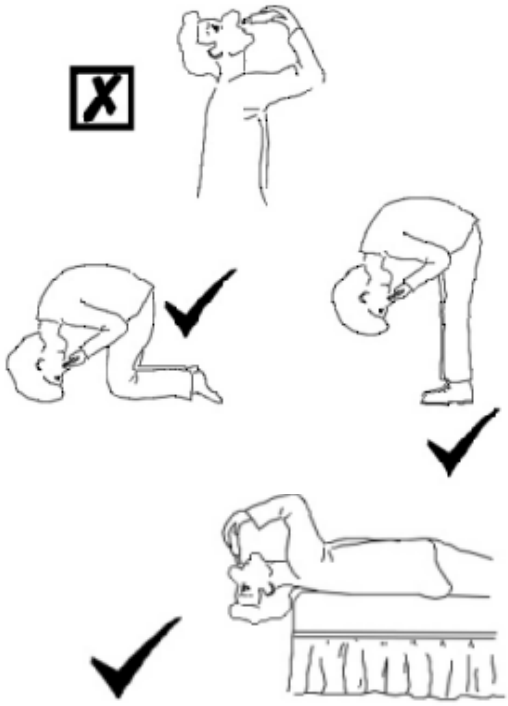
Royal Berkshire NHS Foundation Trust

Nose drops – how to use them

You have been prescribed nose drops to treat or manage your condition. This advice is for nose drops only and not for nose sprays, which are used differently. Ask your clinic nurse or pharmacist if you have any queries.

How to use nose drops



- Blow your nose **gently**.
- Drop the required number of drops into each nostril.
- The aim is for the liquid to spread over all the inside surface of the nose - including the upper surface.
- The ideal position to apply the drops is with your head forward and down (either standing or kneeling) so that the top of your head is directed to the floor.
- Apply the drops then stay in this position for at least one minute. This is so that the liquid does not immediately run out of your nose or down the back of your throat but stays for a while in the nasal cavity.
- Replace the top on the bottle after using.
- Wash your hands after using the drops.

Some points about nose drops

- Sometimes the nose drops leave an odd taste as they trickle down your throat after you have applied them to your nose. This probably means that you have not stayed in the head down position for long enough or too many drops have been applied. However, if this happens, have a drink to wash the taste away.
- Between doses keep the bottle closed and store in a cool dark place. Throw away after the recommended 'use by after opening' date.

How to contact us

Greenlands Ward Tel: 0118 322 7172 or 0118 322 8101

Clinical Admin Team (CAT1) (Monday to Friday, 9am to 4pm) Tel: 0118 322 7139 or email rbbh.CAT1@nhs.net

ENT Outpatient Department (Townlands) reception: 01865 903274

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT ENT Department, October 2026. Next review due: October 2028.