

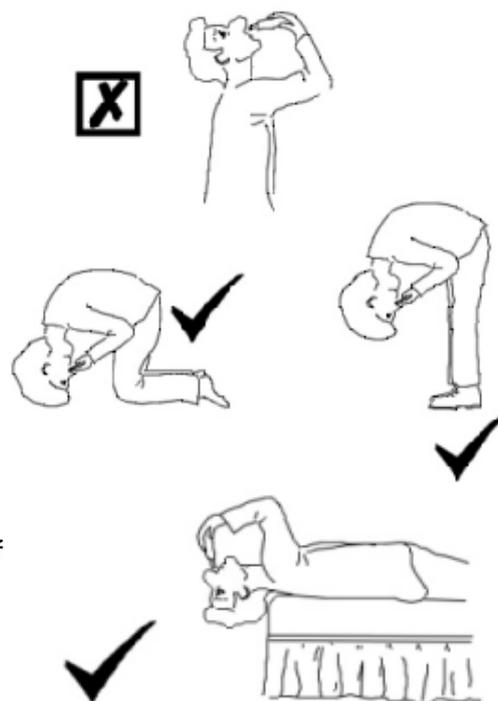
Advice on using nose drops

The following 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

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