

How to use a nasal spray

1. Shake the bottle well.
2. Look down.
3. Using your right hand for your left nostril, put the bottle nozzle just inside your nose aiming towards the outside wall of the nostril.
4. Squirt once or twice (as directed in your prescription); if twice, vary the angle of direction.
5. Change hands and repeat steps 1-4 for the other nostril.
6. It is important that you do not sniff hard and try to breathe in through your nose normally.



Speak to your nurse, doctor or respiratory physiotherapist if you are unsure of anything regarding the use of your nasal spray.

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