

Nasal Spray Instructions



Your medication: _____

Instructions: _____

Nasal sprays work best if used after nasal irrigation or after blowing your nose.

- 1) If necessary **prime the nasal spray**, gently shake then spray out until you see a fine mist.
- 2) Shake spray before each use
- 3) Tilt your **head forward**
- 4) Point the nozzle towards the **outside wall** of your nostrils (towards your ears)
- 5) Squirt and gentle sniff
- 6) Repeat for the other nostril
- 7) If medication trickles out of nose, do **not** blow your nose just gently wipe off the excess medications