

## How to use nasal sprays

Using a good nasal spray technique helps ensure the medication reaches the right area, improving effectiveness and reducing side effects such as nosebleeds, irritation, and soreness.

Please read the patient information leaflet (PIL) for your specific product, as instructions may vary and some sprays may need priming before first use.

### Method

#### 1. Shake the nasal spray well

If advised on the product and/or in the PIL.

#### 2. Remove the cap or lid

As necessary.

#### 3. Blow your nose gently

This helps clear your nostrils so they spray can work most effectively.

#### 4. Tilt your head forward and place the nozzle in one nostril

Point the nozzle towards the ear on the same side so it is **facing away from the centre of the nose**, it may be easier to use the opposite hand to the nostril to do this, e.g. use your left hand is spraying into your right nostril.

#### 5. Administer the spray

Breathe in gently and steadily whilst pressing the spray once. **Avoid sniffing hard** as this may result in the medication going into the throat.

#### 6. Remove the nasal spray

If an additional spray is needed, repeat steps 3-5. When finished, wipe the nozzle and replace the cap.

**Please note:** It can often take 1-2 weeks (sometimes slightly longer) for a nasal spray to become effective and for you to notice an improvement in your symptoms. Please continue to take your nasal spray as prescribed, even if symptoms improve.