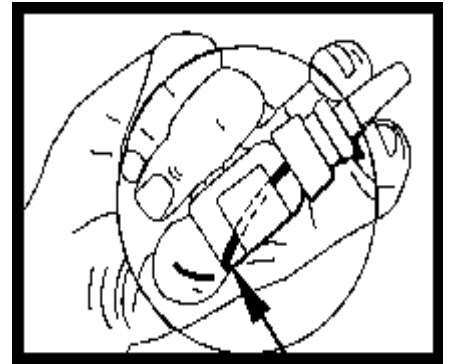


## How to use your nose spray

1. Shake inhaler gently
2. When using a new bottle prime inhaler by spraying away from you 3-6 times (check the package insert for the exact number). The spray should be a fine mist.
3. Blow your nose gently or use a bulb syringe on an infant. Make sure that you can breathe through each nostril to prevent medication wasting.
4. Hold the pump bottle with your thumb at the bottom and your index and middle fingers on top. Use a finger on your other hand to close your nostril on the side not receiving the medication (see the drawing on the right).
5. Tilt your head forward slightly. (Look at your toes)
6. Place the tip of the inhaler inside your nose and point toward the side of your nose, away from the middle. (Point toward your ear)
7. Actuate the inhaler while breathing in through your nose and out through your mouth.
8. Try not to sneeze or blow your nose just after using the spray.



### **REMEMBER:**

Prime the inhaler once opened and if it has not been used in a week or more.

If used correctly, the spray should not go down the back of your throat or drip from your nose. (You may pinch your nose or sniff gently to prevent dripping)

Clean the applicator as directed. Most applicators can be wiped daily and thoroughly cleaned on a weekly basis.

Use your medicines the way your doctor prescribed. Most nasal sprays work best when used on a regular basis.

Read the package insert for more detailed instructions/information about your particular nasal spray.