

Patient information

How to use a nasal spray

You have received a nasal spray for treatment of your nasal conditions and this leaflet aims to explain about nasal sprays and how to maximise the effectiveness of the medicine by teaching the best techniques.

Nasal sprays most often contain an active steroid ingredient to reduce inflammation of the nose.

We recommend using a saline (salt water) irrigation / wash of the nose prior to application of the nasal spray (see nasal irrigation information sheet) and then blow your nose gently.

Technique

- 1) Shake the bottle.
- 2) Remove the cap / lid.
- 3) Use your right hand to deliver spray to the left nostril and left hand to deliver spray to the right nostril.
- 4) Tip your head forward.
- 5) Insert the tip of the bottle into the nostril and aim towards the ear on the same side.
- 6) Apply the spray and breathe in gently.
- 7) Wipe the nozzle and reapply the cap.

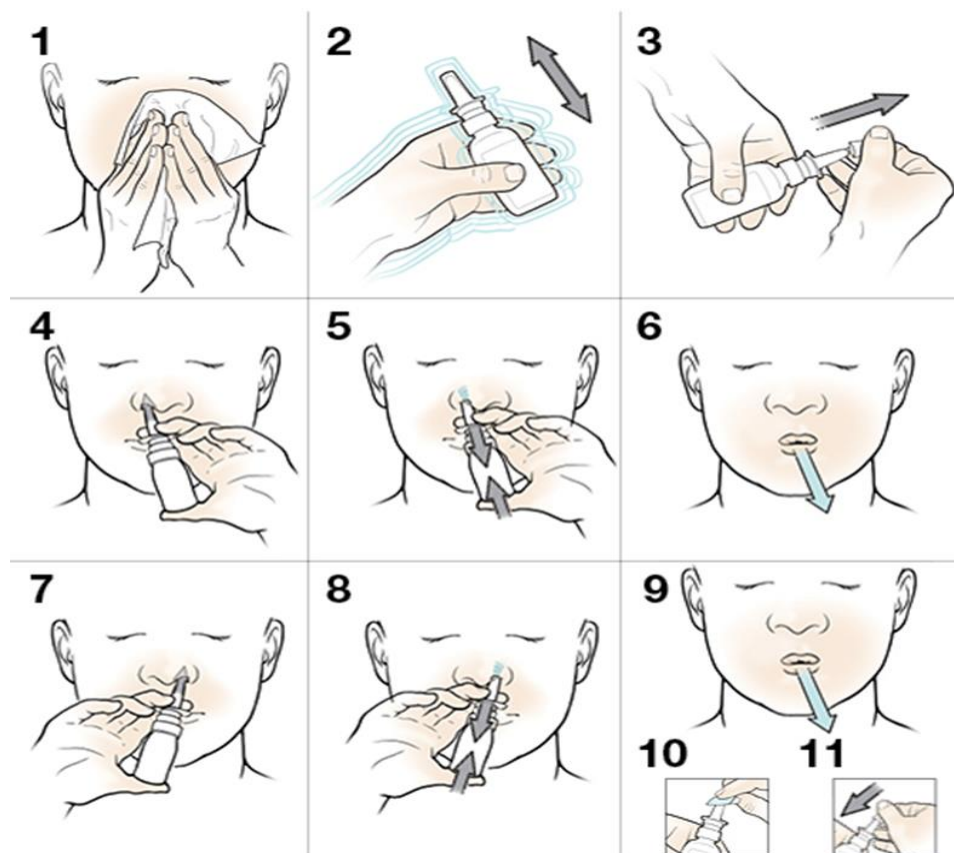
Follow your doctor's instructions about how often and how many sprays to apply.

Common mistakes

- ✗ Nasal sprays applied towards the middle of the nose (septum): This can cause irritation to the lining in this part and may stimulate a nose bleed. The majority of

the lining of the nose is on the outside wall, so the medicine is not being delivered effectively to the area of most need.

- ✗ Sniffing hard when applying the spray: This will draw the medicine into the throat from the nose which will reduce the effectiveness and may give an unpleasant taste.
- ✗ Not using a saline rinse prior to application: The rinse helps wash any allergens or mucous away, so that the medicine in the spray can get directly into the lining of the nose.
- ✗ Not giving treatments enough time to work: Nasal sprays often take several weeks of regular use to be effective.



Other information and useful links

Do not use other nasal preparations unless advised to do so by your doctor. Manufacturers guidance may differ between types of sprays.

www.asthma.org.uk/advice/inhaler-videos/nasal-spray/

www.nhs.uk/conditions/steroid-nasal-sprays