

# How to use a nasal spray

## Patient information sheet

### What is a nasal spray?

Nasal sprays are used to give medication and are sprayed directly into the nasal passages. Nasal sprays usually contain saline, antihistamines or steroid medications. These are commonly used for conditions such as asthma, hay fever, sinus conditions and sometimes snoring. +



1. Before use you use the spray, shake the bottle and then take the cap off. If it is a new bottle, pump it until you see the medicine spray out



2. Blow your nose gently to clear it



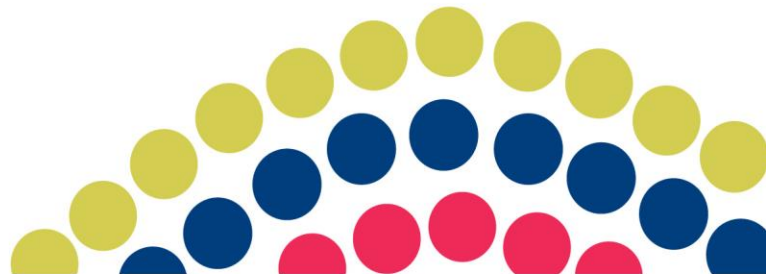
3. Tilt the head down with chin tilted towards the chest.  
If your child is young, you may find it easier to sit them on your lap, facing away from you



4. Place the nozzle just in the nostril away from the wall that divides the two nostrils in the nose (septum)  
Hold the bottle in the opposite hand (e.g. right hand for the left nostril) to help aim the spray at the correct angle



5. Press the spray and breathe in gently through your nose (Do not sniff hard or tilt head back)
6. Don't blow your nose straight after using the nasal spray so that the medicine stays in the nose



### GP Liaison and Integration Unit

Women's and Children's Hospital  
77 King William Rd, North Adelaide SA 5006  
Telephone (08) 8161 9813



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