

Instructions for the use of Nasal Sprays

The following instructions are designed to help you use a nasal spray correctly. Nasal sprays are safe and can be used long term.

It is important to position the spray correctly so as to obtain the maximum benefit.

Most sprays are designed for use in the morning with two sprays up each nostril, which should then last for a 24 hour period.

To use the spray safely:-

1. Put spray into left nostril, holding it with your right hand (which directs the spray slightly away from the central partition).
2. Each side is sprayed twice; one slightly upward, one straight backward.
3. Then repeat the procedure for the other side, changing hands.
4. Gently sniff, if required.
- 5.

Cautions:-

You may notice slight bleeding or discharge. If this persists please contact your doctor.