

For videos demonstrating correct use of nasal sprays, see the National Asthma Council website ([www.nationalasthma.org.au/how-to-videos/using-your-nasal-spray](http://www.nationalasthma.org.au/how-to-videos/using-your-nasal-spray)).

To use a nasal spray effectively and safely, follow these instructions:

1. If the spray device is new or has not been used for more than a few days, prime the device according to the manufacturer's instructions.
2. Shake the bottle.
3. Clear the nasal passages first by gently blowing your nose (or by using a saline rinse to clear nasal obstruction and then waiting for 10 minutes before using the nasal spray).
4. Bend your neck forward and look down.
5. Put the nozzle just inside the nose, aiming towards the outer wall of the nose and the ear (away from the middle or the top of the nose). Use your right hand for the left nostril and left hand for the right nostril. This reduces the amount of drug deposited onto the wall that separates your nostrils (septum).
6. Press to spray and sniff gently at the same time—sniffing hard can make the liquid go straight down the throat.

If you are using two different nasal sprays, wait 10 minutes between sprays.

Doctor's contact details: