HOW TO USE A NASAL SPRAY - FOR CHILDREN

Your child has been prescribed a nasal spray because they have rhinitis (inflammation of the nasal passageways). This leaflet provides information on how to use your nasal spray effectively.

What are Nasal Sprays?

Nasal sprays are a solution or suspension of medicine. They are sprayed into the nostrils, usually to produce a local effect directly inside the nose. A steroid nasal spray is commonly used to treat allergies of the nose, such as hay fever and persistent rhinitis (inflammation of the nose). Steroid sprays reduce inflammation in the nose, and usually work well.

The following describes the correct technique of using your spray or drops to ensure the medicine gets to the right place to be most effective.

Correct procedure for the application of nasal sprays

1. Wash your hands and blow your nose gently.
2. Shake the bottle.
3. Look down.
4. Using RIGHT hand for LEFT nostril, put nozzle just inside nose aiming towards outside wall.
5. Squirt once or twice as prescribed (if twice, change direction in nostril).
6. Change hands and repeat for other side.
7. DO NOT SNIFF HARD.
8. Try not to blow your nose.
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

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Ref: PIID 417
Date: March 2017
Review: March 2019