

# BSACI

Improving Allergy Care  
through education, training and research

## How to use a nasal spray

### Before use

- Shake the bottle before use, and remove cap
- You will need to prime the nasal spray if it is new, or if you have not used it for 2 weeks or more (see manufacturer instructions for how to do this).

### Step 1



Clear the nose by gently blowing or by performing nasal douching.

This prepares the nasal area by removing mucus that otherwise prevent the medicated spray it from reaching the nasal lining

### Step 2



Bring your head forward, placing your chin on your chest

This position closes off the back of the throat and allows the spray to reach the correct area inside the nose

### Step 3



Hold the spray in the opposite hand to the nostril in which you are about to apply the spray. For example, use the left hand to apply the spray in the right nostril and the right hand for the left nostril.

This ensures you aim the spray at the correct angle, pointing it away from the septum which has only a thin layer of membrane and can be easily damaged.

**Step 4**



Place the end of the spray bottle just inside the nostril aiming away from the septum pointing to the ear or eye.

This will ensure the spray is aimed toward the fleshy turbinates inside the nose which are often the main area of inflammation in the nose.

**Step 5**



Activate the spray. You may breathe in gently and steadily through your nose. Do not sniff hard.

Not sniffing hard reduces the risk of the medication being swallowed or 'tasted'.

**Step 6**



Breathe out through your mouth. Put the bottle into the opposite hand and repeat steps 4,5 and 6 in the other nostril.

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- If you need to administer two sprays into each nostril, repeat steps 3 to 6 again.
- Once you have finished, wipe the nozzle so that it is clean, and put the cap back on
- It may take a few weeks before you notice any improvement in your symptoms. Please always use your nasal spray as prescribed by your doctor or pharmacist.