

Patient information factsheet

How to use a nasal spray

We have given you this factsheet because you have been prescribed a nasal spray. It explains what a nasal spray is and how to use it effectively. We hope it will help to answer some of the questions you may have.

What is a nasal spray?

Nasal sprays are medicines that you spray into your nose to reduce inflammation. They are sprayed directly into the nostrils (nasal passage). Nasal sprays are commonly used to treat asthma, allergies of the nose and persistent rhinitis (inflammation of the nose).

Using the correct nasal spray technique will help the medication work more effectively. You will also reduce your risk of side effects, such as:

- nose bleeds
- irritation
- soreness

Technique

Nasal sprays will vary in shape and size, but the technique remains the same. Please follow the instructions below.

Before first use

You will need to prime the nasal spray if you have not used it before, or if you have not used it for two weeks. Please make sure you follow the manufacturer's instructions.

To use your nasal spray

1. Shake the nasal spray well.
2. Take off the cap.
3. Blow your nose **gently** to make sure your nostrils are as clear as possible.
4. Tilt your head forward and place the nozzle into one nostril. You may find it is easier to hold the nasal spray in the opposite hand to the nostril into which you are going to use the spray. For example, try using your left hand when spraying into your right nostril. This will help direct the medication outwards, away from the centre of your nose.
5. Press the spray to release the dose and breathe in **gently and steadily** through your nose. **Do not sniff hard**. This will reduce the risk of the medication being swallowed or 'tasted'.
6. Remove the nasal spray from your nostril and breathe out through your mouth.
7. If you have been told to have a second dose, repeat steps three to seven. When you've finished, wipe the nozzle so it is clean and then 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.

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Useful links

www.asthma.org.uk/advice/inhaler-videos/nasal-spray

www.nhs.uk/conditions/steroid-nasal-sprays

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