

How to use a Nasal Pump Spray

1. Blow nose gently to clear nostrils
2. Test spray the nasal spray before first use
3. Shake the nasal spray vigorously and remove cap
4. Tilt the head forwards lightly and hold the nasal spray upright and carefully place the nozzle in one nostril. Press on the other side of the nose with one finger to close off the other nostril
5. Point the end of the nozzle toward the outside of your nose, away from the centre ridge of the nose
6. Breathe in through the NOSE, while firmly pressing down once on the pump button with your fingers. (A squirt of fine mist will spray into the nostril)
7. Remove the nozzle and breathe out through the mouth
8. If a second dose is required, repeat steps 4-7 with the other nostril. Do NOT blow nose immediately after using the spray
9. Wipe the nozzle with a clean tissue and replace the cap.



Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity