



Hay Fever?

Are you making the most of your **Nasal Spray?**

How to use a nasal spray effectively

- ✓ Blow your nose and shake the bottle.
- ✓ Tilt your head **forward**.
- ✓ Hold the spray bottle upright.
- ✓ Insert the tip of the spray bottle just inside one nostril and apply one or two sprays as prescribed.
- ✓ Breathe in as you spray (but do not sniff hard as the spray then travels past the nose to the throat).
- ✓ Do not angle the canister towards the middle or side of the nose, but straight up. With your head tilted forward the spray should go to the back of your nose.
- ✓ Repeat in the other nostril.



Remember:

Heads down on nasal sprays!