

Application of nasal sprays

1. Blow your nose to clear it.
2. Shake the spray vigorously 5 times and remove the lid.
3. Look down at your toes, don't tip your head back.
4. Squirt once, with the right hand, into the left nostril, aiming for the outside of the nostril (not the septum). Now, with the left hand, squirt once into the right nostril.
5. Try not to sniff too hard.
6. If another dose is needed, repeat the whole process.
7. Do not blow or clear your nose for the next 10 minutes.