



## **Using Your Nasal Spray - Tips for Best Results**

1. Gently blow your nose to clear the nasal passages.
2. Remove the cap and plastic collar if present. Shake the bottle.
3. Prime the bottle if necessary.\*
4. Hold the nasal spray bottle with the index and middle finger on top and thumb on the bottom.
5. Tilt head slightly forward. Insert the spray tip in the nose. Aim the tip away from the middle of the nose or toward the corner of the eye on same side.
6. Push the pump down firmly with the middle and index finger while gently inhaling.
7. Repeat steps 4-7 with the other nostril. If using more than one spray in each nostril, repeat above steps while alternating nostrils.
8. Try not to sneeze or blow nose just after using nasal spray.



\* Nasal spray bottle needs to be primed prior to first use and if not used on daily basis. Prime nasal spray bottle by pushing down actuator several times until a fine mist is released.