How to use a Nasal Spray

- Blow your nose & wash your hands
- Shake the bottle
- Tilt your head slightly forward
- Hold the spray in your left hand
- Insert tip of bottle into the Right nostril
- Close the other nostril if possible with the other hand
- Apply one spray
- Breathe normally (a nice slow deep breath)
- **DO NOT SNIFF HARD!**
- Aim the spray towards the middle or side of the nostril & insert the tip as far as comfortable.
- The spray should go to the back of your nose
- Change hands i.e. Left hand to spray into right nostril and repeat the procedure
- Wipe the tip of the nasal spray and replace the cap ready for the next time it is used.

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What is a Steroid Nasal Spray?
A steroid nasal spray is commonly used to treat allergies of the nose such as Allergic Rhinitis (Hay fever). Steroid sprays reduce inflammation inside the nose, and usually work well if used correctly. There are different Brands available: common nasal steroids used include:

- Flixonase
- Avamys
- Nosonex
- Beconase
- Rhinocort
- Dymista

The doctor or nurse in charge of your care will choose the most appropriate nasal spray for your condition.

Benefits & Risks of Nasal Sprays
- It takes several days for the steroid spray to build up to its full effect; therefore be patient can achieve best effects. The main action is to reduce the inflammation and so reduce the nasal blockage/congestion.
- If used for Hay fever; start using the nasal spray two weeks prior to the Hay fever season.
- Once symptoms have settled you should reduce the frequency of the medication to maintain control.
- Your Doctor or Nurse may give you a set regime to follow i.e. 2 sprays up each nostril for 2 weeks then reduce to one spray each nostril thereafter.
- The aim is to control your symptoms on the lowest dose of medication.
- An occasional forgotten dose should not usually cause any problems. However if you have persistent rhinitis you will need to take the medication on a long term basis.
- Long term use of steroid nasal spray is safe but caution should be taken if you are also taking steroid Inhalers for Asthma as the daily dose of steroids may be high. Your doctor or nurse should keep an eye on the dose of medication.
- If unsure about any aspect of your treatment ask your doctor or nurse for further information and advice.
- Occasionally the nasal spray may cause some crusting or bleeding inside the nostril. If this occurs check you are using the spray correctly and stop using it for a few days until the problem settles down.
- It is important that you read the drug information leaflet which can be found in the packet.

What if I have a runny, itchy nose?
- A runny, itchy nose with Hay fever (allergic rhinitis) is a common symptom.
- You may need to take non drowsy antihistamine such as Zirtek, Cetirizine, Neoclarityn or Levocetirizine as well as your nasal steroid spray. The antihistamine will help dry the secretions up and alleviate the irritation. Antihistamines are very safe.

- Decongestants such as Sudafed & Galpseud are not usually advised as these do clear the congestion initially but then you will experience rebound of symptoms and more severe congestion may occur. If they are used do not use them for more than one week.