



MERCY MEDICAL GROUP

How To Use A Steroid Nasal Spray

TYPES OF STEROID NASAL SPRAYS

Nasal sprays come in two different kinds of containers: pressurized canisters and pump bottles.

STEPS FOR USING A PRESSURIZED CANISTER

1. Gently blow your nose to clear it before using the medication
2. Make sure the canister fits snugly in its holder
3. Shake the canister several times just before using it
4. Keep your head upright
5. Breathe out slowly
6. Hold your nasal spray canister up to your nostril
7. With your finger, close the nostril on the side not receiving the medication
8. Press down on the canister as you begin to breathe in slowly through your nose
9. Repeat these steps for the other nostril
10. If you are using more than one spray in each nostril, follow all these steps again.

STEPS FOR USING A PUMP BOTTLE

1. Gently blow your nose to clear it before using the medication
2. Remove the cap
3. Shake the bottle
4. The first time you use the pump spray each day, you may have to “prime” it, squirting a few times into the air until a fine mist comes out
5. Tilt your head forward slightly
6. Breathe out slowly
7. Hold the pump with your thumb at the bottom and your index and middle fingers on top
8. Use a finger on your other hand to close your nostril on the side not receiving the medication
9. Squeeze the pump as you begin to breathe in slowly through your nose
10. Repeat these steps for the other nostril
11. If you are using more than one spray in each nostril, follow all these steps again.

HELPFUL HINTS

- Remember that it may take several weeks of using a nasal steroid spray before you notice the full effect
- Wash the canister device at least once a week
- Try not to sneeze or blow your nose just after using the spray
- Be sure you can sniff air through each nostril before spraying, so the medication goes deep into the nose
- Aim straight and point the nozzle of the nasal spray container toward the back of your head
- If used correctly, the spray should not drip from your nose or down the back of your throat
- If you have nosebleeds, stop using the medicine for a few days and use a saline nasal spray, but if the bleeding or irritation continues, talk to your doctor (you can also use a cotton swab to spread a thin layer of petroleum jelly inside your nose right after using the saline spray)
- Use your medicines just the way your doctor tells you (most nasal sprays work best when used regularly and consistently)

- Keep your medicines away from sunlight.