



Your nasal spray and how to use it

This leaflet is designed by Team Allergy*, a leading group of UK specialists, to help you understand why you need to take your nasal spray - and how to use it properly.

Read this leaflet carefully



Team Allergy

*Team Allergy are (in alphabetical order): **Sue Cross**, Asthma and Allergy Nurse at the Health Centre, Biggleswade, Bedfordshire; **Dr Philip Marazzi**, General Practitioner, The Medical Centre, East Horsley, Leatherhead; **Dr Shuaib Nasser**, Consultant in Allergy & Asthma, Addensbrooke's Hospital; **Dr William L.G. Oldfield MSc PhD MRCP**, Consultant in Respiratory Medicine, Chest and Allergy Unit, St. Mary's Hospital; **Prof. David Price**, GP/AG Professor of Primary Care Respiratory Medicine, Dept of General Practice and Primary Care, University of Aberdeen, Foresterhill Health Centre; **June Roberts**, Nurse Practitioner, Langworthy Medical Practice; **Mr Hesham Saleh**, Consultant Rhinologist/ENT Surgeon, Charing Cross & The Royal Brompton Hospitals, Honorary Senior Lecturer, Imperial College London; **Dr Glenis K. Scadding**, Consultant Allergist/Rhinologist, Royal National TNE Hospital, London; **Dr Samantha Walker RGN PhD**, Director of Research, Education for Health, incorporating National Respiratory, Training Centre and Heartsave.

The first thing to remember is that your spray isn't going to work immediately – keep using it daily and you'll notice a difference in a few days

Next, it's really important that you understand that the spray **only works when it's in your nose**. In other words, if you sniff it back hard and then swallow, the spray will have no effect at all!

Remember: your spray isn't going to work immediately – use it daily for two weeks and if your symptoms don't improve GO BACK TO THE DOCTOR. Even when your symptoms have gone, you need to keep on using the spray for as long as the allergen which affects you is likely to be present.

Please use it like this:

1. BLOW YOUR NOSE



2. SHAKE THE BOTTLE



3. LOOK DOWN

4. USING YOUR RIGHT HAND, aim the spray into your LEFT NOSTRIL - aim it at the SIDE of your nose (not the septum, which is the bit down the middle)



Take one puff, then tilt your head back and take another puff*

5. Do the same for your RIGHT NOSTRIL, using YOUR LEFT HAND



6. DO NOT SNIFF!

* Always follow your doctor's advice on the number of puffs you should take.

Troubleshooting:

Nosebleeds – avoid spraying the middle of your nose or putting all the spray in one place by re-angling the nozzle each time you spray

Nasal crusting – Vary the angle of the spray. Washing the inside of your nose with salt water twice a day may help

Lack of effect – make sure you use the spray regularly every day for at least 2 weeks

Sneezing - This should settle if you keep using the spray. If it doesn't, go and see your doctor.