

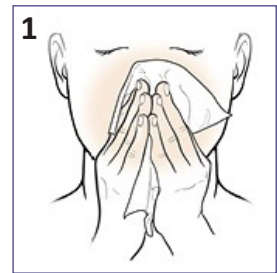
## How to Use Nasal Sprays

Use this medicine only as directed by your health care provider. *Check the label on the medicine for exact dosing instructions.* Do not use more than directed. Doing so may increase the chance of side effects.

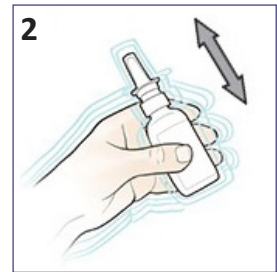
*If you have questions, ask your health care provider.*

### To Use the Spray

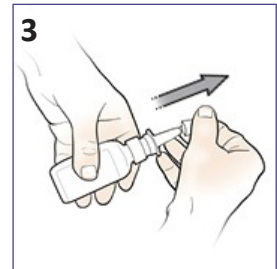
1. Blow your nose so that your nostrils are clear.



2. Shake the bottle of nasal spray.



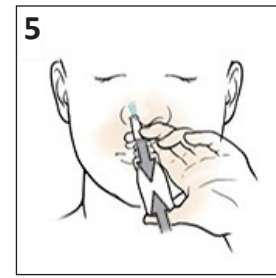
3. Take the lid off the bottle.



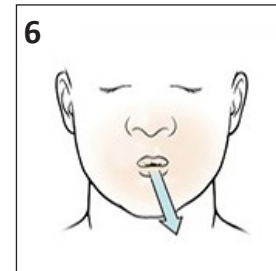
4. Tilt your head slightly forward. Use your **left hand** for spraying into your **right nostril**. Aim the spray nozzle away from the middle of your nose to avoid irritation.



5. Gently inhale through your nose as you spray. This will help the medicine get into your sinuses and not drip down the back of your throat. **Do not sniff hard** as this will move more medicine to the back of your throat where it will not be as effective



6. Exhale through your mouth. (Repeat a second dose in the same nostril if required.)



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7. Repeat the same procedure on the other side. Use your **right hand** to spray into your **left nostril**.
8. When you are finished, clean the nozzle and replace the lid.

### Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at [hlc@nm.org](mailto:hlc@nm.org), or by calling 312.926.5465. You may also visit the HLC on the 3rd floor, Galter Pavilion at 251 E. Huron St., Chicago, IL. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363, the Northwestern Lake Forest Patient Relations manager at 847.535.8282 and/or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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