

Nasal Spray Technique

You have been prescribed a nasal steroid spray to treat your nasal symptoms and reduce the inflammation in your nose.

1. A nasal steroid spray generally takes up to two to three weeks before you notice an improvement in symptoms and are only effective while they are being used. Therefore, you need to take them ongoing for some time (usually three months). The dose will be directed by your physician and you may find you need to take more initially and then taper off to a lesser dose, but still use it every day.
2. Nasal sprays need to be primed before spraying into the nostrils.
3. Because the direction of the nasal passages is towards our ears, it is necessary to bend your head forward and look at the floor before spraying it into the nose. This means the spray will pass directly into the nasal passages rather than hitting the sides of the nose. If this technique is not adhered to, it may cause nosebleeds.
4. The bottle is never completely emptied so it is important to be aware of the *shhh* sound when the spray is sprayed into the nose. If you don't hear that sound it means you need a new spray bottle even if there is a small amount of residue of medication left in the bottle. This is because the tubing will never completely reach all of the spray in the bottle, so it is never completely empty.
5. Use the right hand to spray the left nostril, and the left hand to spray the right nostril. This again ensures that the spray reaches the nasal passages instead of hitting the septum.

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