How to Use Your Nasal Spray

Patient Medication Guide & Proper Administration Technique





FIRST-TIME PREPARATION (PRIMING)

Before using for the first time: Shake the bottle well and spray into the air **5 to 10 times** until a fine, uniform mist appears. If the bottle has not been used for more than 24 hours, re-prime by spraying once into the air before use.

STEP-BY-STEP DAILY INSTRUCTIONS



1.Clear Nasal Passages: Gently blow your nose to clear mucus before administration.

2.Shake Bottle: Shake the bottle gently up and down to mix the solution evenly.

3.Remove Cap: Pull off the protective cap from the spray nozzle.

4.Hold Correctly: Support the base with your thumb and place forefinger and middle finger on the shoulders.



5.Position & Administer: Tilt head slightly forward. Press one nostril closed. Insert nozzle into the other nostril and press firmly while breathing in gently.

6.Exhale & Repeat: Breathe out through your mouth. If a second spray is prescribed in the same nostril, repeat step 5.



7.Switch Nostril: Switch hands and repeat the entire procedure for the other nostril as directed by your physician. Wipe nozzle and replace cap after use.

IMPORTANT PRECAUTIONS & SAFETY TIPS



Important Safety Information

- **Dosage Control:** Strictly follow your physician's prescribed dosage and frequency. Do not exceed the recommended dose to avoid adverse side effects.
- **Medical History:** Inform your physician promptly if you currently have fungal or viral infections in your nasal passages.
- **Avoid Eye Contact:** Avoid direct contact with eyes. In case of accidental contact, rinse thoroughly with plenty of clean water immediately.
- **Proper Pressing Technique:** Press the pump firmly and quickly all the way down to ensure a complete and accurate dose is delivered.

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