



**South Infirmarv-Victoria University Hospital**  
Ollscoile Ospidéal Otharlann an Deiscirt-Victoria  
*A teaching Hospital of University College Cork*

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## NASAL SPRAY INSTRUCTIONS

1. Shake the spray before any use,
2. Lean your head forward (chin down position),
3. Use your RIGHT HAND to spray your RIGHT nostril,
4. Use your LEFT HAND to spray your LEFT nostril,
5. Aim towards your same ear,
6. DO NOT SNIFF IN! Breathe normally.



7. Allow HALF AN HOUR between the Saline water spray/rinse and the other nasal spray prescribed.
8. BOTH nasal sprays need to be used DAILY and CONTINUOUSLY, FOR A LONG TIME.