

Nasal spray

Information for patients

This information sheet explains what a nasal spray is and how to use it effectively.

What is a nasal spray?

Nasal sprays are medicines that you spray into your nose to reduce inflammation. They are sprayed directly into the nostrils (nasal passage). Nasal sprays are commonly used to treat allergies of the nose and persistent rhinitis (inflammation of the nose).

Using the correct nasal spray technique will help the medication work more effectively. You will also reduce your risk of side effects, such as:

- nosebleeds
- irritation
- soreness

How do I use a nasal spray?

Nasal sprays will vary in shape and size, but the technique remains the same. You will need to prime the nasal spray if you have not used it before, or if you have not used it for two weeks. Please make sure you follow the manufacturer's instructions.

1. Shake the nasal spray well.
2. Take off the cap.
3. Blow your nose gently to make sure your nostrils are as clear as possible.
4. Tilt your head forward and place the nozzle into one nostril. You may find it is easier to hold the nasal spray in the opposite hand to the nostril into which you are going to use the spray. For example, try using your left hand when spraying into your right nostril. This will help direct the medication outwards, away from the centre of your nose.
5. Press the spray to release the dose and breathe in gently and steadily through your nose. Do not sniff hard. This will reduce the risk of the medication being swallowed or 'tasted'.
6. Remove the nasal spray from your nostril and breathe out through your mouth.
7. Repeat steps four to six in the other nostril.
8. If you have been told to have a second dose, repeat steps four to seven. When you have finished, wipe the nozzle so it is clean and then put the cap back on.

It may take a few weeks before you notice any improvement in your symptoms. Please always use your nasal spray as prescribed by your doctor or pharmacist.

Useful links

www.asthma.org.uk/advice/inhaler-videos/nasal-spray

www.nhs.uk/conditions/steroid-nasal-sprays

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Sharing your information

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Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

Appropriate PALS information depending on location/site will be placed in by the Publications Team.

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If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.