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NASAL SPRAY APPLICATION



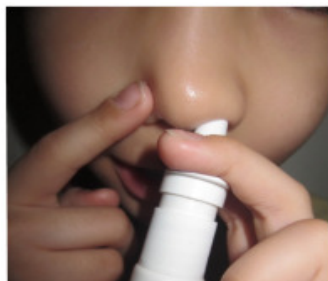
Shake the bottle well then remove the cap



Now, tilt your head downwards as you stabilise the spray bottle between your fingers



Clear any mucus from your nostrils (if present) by gently blowing your nose.



Close one nostril and carefully place the nozzle of the spray into the other nostril

Direct the nozzle and spray towards the sidewall of the nose.

Alternatively, you can use the right hand to direct the spray into the left sidewall of the nostril and vice versa. Apply the number of spray per nostril as per your doctor's prescription


Breathe in gently as you spray the medication into your nostrils. Once this is done, breathe out through your mouth.



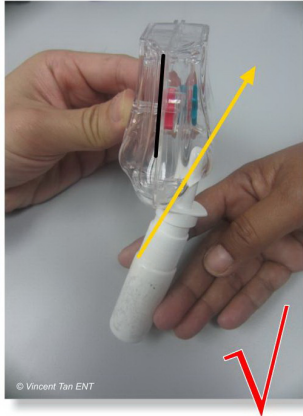
Now, spray into the other nostril as the steps above.



After using your spray, clean off the tip with tissue paper and replace the cap



DO not direct the nozzle towards the midline septum of the nose. (to reduce the risk of injury and perforation of the septum - represented by the black straight line)



Instead, direct the nozzle and spray towards the sidewall of the nose.