

Patient information

How to use nasal steroid drops

You have received nasal drops for treatment of your nasal conditions and this leaflet aims to explain how to maximise the effectiveness of the medicine by teaching the best techniques.

Nasal drops contain an active steroid ingredient to reduce inflammation of the nose.

We recommend using a saline (salt water) irrigation / wash of the nose prior to application of the nasal drops (see nasal irrigation info sheet) and then blow your nose gently.

Technique

- 1) Shake bottle
- 2) Remove cap / lid
- 3) Make yourself comfortable in your chosen position – see overleaf
- 4) Insert tip in to nostril and apply as per directed
- 5) Stay in this position and continue to breathe in gently and wait for 3 minutes
- 6) You can now sit upright. Wipe the nozzle and reapply the cap

Follow your doctor's instructions about how often and how many drops to apply. Some drops come in single application vials, so use the vial and dispose of after use.

Common mistakes

- ✗ Applying whilst standing with head tipped back – see overleaf – this will mean the drops flow along the floor of the nose and in to the throat and will reduce the effectiveness and may give an unpleasant taste
- ✗ Sniffing hard when applying the drops. This will draw the medicine in to the throat from the nose which will reduce the effectiveness and may give an unpleasant taste

- ✗ Not using a saline rinse prior to application. This helps wash any allergens or mucous away, so the medicine in the drops get directly to the lining of the nose.
- ✗ Not giving treatments enough time to work. Nasal drops often take several weeks of regular use to be effective.

Other information and useful links

Do not use other nasal preparations unless advised to do so by your doctor. Manufacturers guidance may differ between types of sprays.

<https://patient.info/news-and-features/how-to-use-nose-drops>

