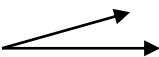


Patient information

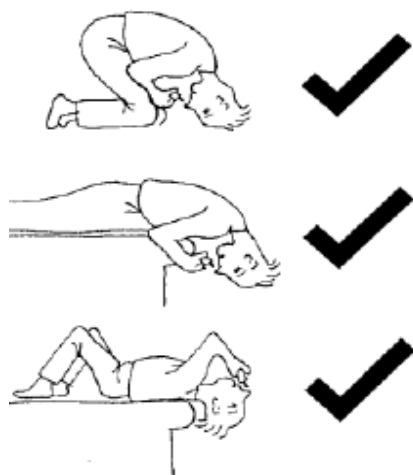
How to use nasal sprays for rhinitis

Correct procedure for the application of nasal sprays

- A**
1. Shake bottle well
 2. Look down
 3. Using **RIGHT** hand for **LEFT** nostric, put nozzle just inside nose, aiming towards outside wall
 4. Squirt once or twice - 2 different directions
- 
5. Change hands and repeat for other side
 6. **DO NOT SNIFF HARD**



B



Wrong

Chose any position you feel comfortable with

With thanks to the Children's Allergy Clinic, University Hospitals of Leicester NHS Trust, for permission to reproduce this information.

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