

# Your Guide to a correct Nasal Spray Technique



## Not all nasal sprays are the same !

Knowing what is in your nasal spray helps you understand why, how, and when to use it. If you're unsure which type you have or were prescribed, ask your doctor or pharmacist.

Type of Spray	How it works	How to use it	What it's used
<b>Nasal (cortico)steroid spray</b>	Reduces inflammation in the nose	Use <b>daily and consistently</b> . Does <b>not</b> work on-demand. It takes a few days to fully work.	Seasonal or perennial allergic rhinitis, rhinosinusitis, ...
<b>Nasal decongestant spray</b>	Quickly opens a blocked nose	Works within <b>minutes</b> . Use for <b>max. 5–7 days</b> to avoid rebound congestion.	Short-term relief of nasal congestion
<b>Nasal antihistamine spray</b>	Blocks allergic reactions	Can be used <b>on-demand</b> . Works faster but less strongly than steroid sprays.	Mild or occasional allergic rhinitis
<b>Combination spray</b> (antihistamine + steroid)	Works fast and reduces inflammation	Can relieve symptoms quickly but works best when used <b>regularly</b> .	Moderate to severe allergic rhinitis

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# STEP-BY-STEP GUIDE

These are general instructions for using nasal sprays. Always follow the manufacturer's directions that come with your specific spray.

## How to use your nasal spray?

<b>Priming</b> 	Before using a new spray bottle, prime it by pressing several times until a fine mist appears. It's then ready to use. If you haven't used the spray for 7 days or more, prime it again with 2 sprays.
<b>Getting the spray ready</b> 	<ol style="list-style-type: none"><li>1. <b>Shake the bottle</b> before each use and <b>remove the cap</b>.</li><li>2. <b>Clear your nose</b> by gently blowing your nose or using a saline rinse.</li></ol>
<b>Before spraying</b> 	<ol style="list-style-type: none"><li>3. <b>Tilt</b> your head slightly <b>forward</b>.</li><li>4. Gently insert the nozzle of the spray into one nostril (don't insert it too far).</li><li>5. <b>Aim the nozzle away from the midline</b> of the nose (the nasal septum)</li></ol>
<b>Spraying</b> 	<ol style="list-style-type: none"><li>6. <b>While gently breathing in, press the spray</b>. Avoid sniffing hard during or right after spraying.</li><li>7. <b>Breathe out</b> gently <b>through your mouth</b> and wipe away any fluid that drips from your nose (don't snort it back in)</li><li>8. <b>Repeat</b> for the other nostril</li></ol> <p>If you've been advised to use two sprays in each nostril, wait a few moments before the second spray so your nose can absorb the first dose.</p>
<b>After spraying</b>	<ol style="list-style-type: none"><li>9. Wipe the tip of the spray nozzle with a tissue and replace the cap</li></ol>

### Common mistakes to avoid:

- Not priming the spray before use.
- Tilting your head back, which makes the medicine run into your throat.
- Aiming the spray toward the middle of your nose makes the spray less effective and may cause nosebleeds.
- Sniffing during or right after spraying, which pulls the medicine into your throat.
- Blowing or rinsing your nose after spraying, which results in the loss of the medicine.

### References

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