



Precautions

1. Do not use expired or deteriorated nasal spray.
2. Do not share your nasal spray with others.
3. Do not use any nasal spray for longer than prescribed.
4. Do not adjust the dosage without consulting your doctor. Consult your doctor if symptoms do not improve.
5. Tell your doctor if you are pregnant, planning to get pregnant or breastfeed.
6. Promptly inform your doctor if you experience any unusual discomfort (irritation).



Storage

Nasal Spray should be stored in a cool dry place, away from light. Refrigeration is not necessary unless otherwise specified on the package.

After opening, discard the nasal spray after the storage period recommended by the manufacturer.

Keep out of the reach of children.

This guidance is for reference only .

You should always follow your doctor's instructions.
Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們
For enquiry, please feel free to contact us

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聖保祿醫院
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How to use Nasal Spray

藥劑部
Pharmacy

Indications of nasal spray

A nasal spray can be used to relieve symptoms of nasal congestion, sneezing and runny nose caused by allergies, cold or other respiratory conditions.

Proper use of nasal spray



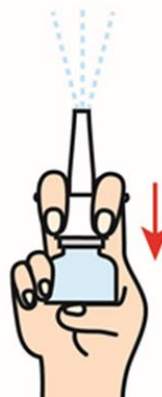
1 Clear your nostrils.

2 Wash your hands thoroughly.



3 Shake the bottle.

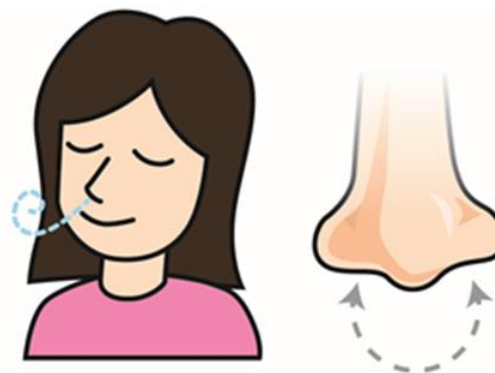
4 If the spray is used for the first time or you have not used it for more than a week, you should prime the device by spraying into the air a few times until a fine mist appears.



5 Slightly tilt your head forward. Place the nozzle of the nasal spray into one nostril and close the other nostril with your finger. Point the nozzle toward the outer side of the nostril and away from the middle of your nose, then spray one puff while gently inhaling in.



6 Remove the nasal spray from your nostril. Breathe in through your nose and out through your mouth. Repeat the dose in the same/other nostril if required. Make sure you separate each dose by at least one minute.



7 Clean the nozzle with tissue paper and recap the bottle.