

Different types of nasal spray

1. Steroid nasal spray (prescription medication)

Steroid nasal sprays reduce the inflammation and allergic response in the lining of the nasal cavity. Since the absorption of steroid via the nasal cavity is minimal, they rarely cause systemic side effects - an advantage over oral steroids. Usually it takes 3-7 days to relieve symptoms.

2. Saline nasal spray (over-the-counter medication)

They are non-medicated and are safe for most people, including infants and children. Saline nasal spray cleanses the lining of the nasal cavity and removes substances that may cause allergy or irritation.



3. Decongestant nasal spray (over-the-counter medication)

Decongestants reduce swellings of the lining of nasal cavity and provide quick relief for blocked nose by nasal vasoconstriction. However, they are not useful against itchiness, runny nose or sneezing due to allergy. Unless otherwise instructed by your doctor, do not use them for more than five days at a time as this may worsen your symptoms. Consult your doctor/pharmacist if you have any medical conditions such as hypertension and cardiovascular disease before using these sprays.

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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How to use Nasal Spray

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Pharmacy

Proper use of Nasal Spray



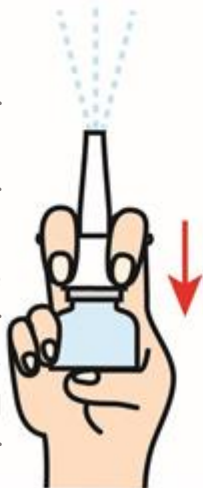
- 1 Wash your hands thoroughly.

- 2 Blow your nose gently to clean it.



- 3 Shake the bottle.

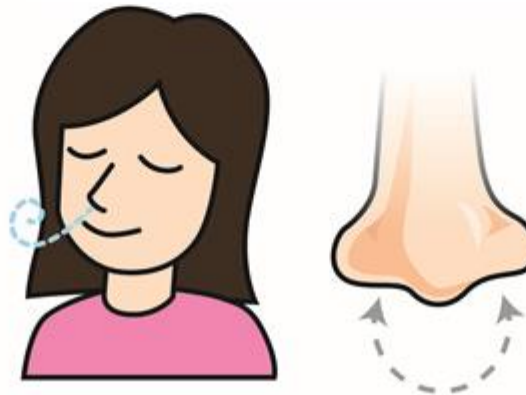
- 4 If the spray is used for the first time or you have not used it for more than a week, you should prime the device by spraying into the air a few times until you see a fine mist. Avoid spraying on skin or clothing.



- 5 Slightly tilt your head forward. Place the nozzle of the nasal spray into one nostril and close the other nostril with your finger. Spray one puff into your nose while gently inhaling in.



- 6 Remove the nasal spray from your nose. Breathe in with your nose and out with 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 of the spray with clean cloth or tissue paper and recap the bottle.



Precautions

1. Press the nasal spray quickly and firmly to ensure release of full dosage.
2. Do not use any nasal spray that has expired or deteriorated.
3. Do not share your nasal spray with other people as this may spread the disease.
4. Do not use any nasal spray on long term basis or adjust the dosage without consulting your doctor. Consult your doctor if symptoms do not improve.