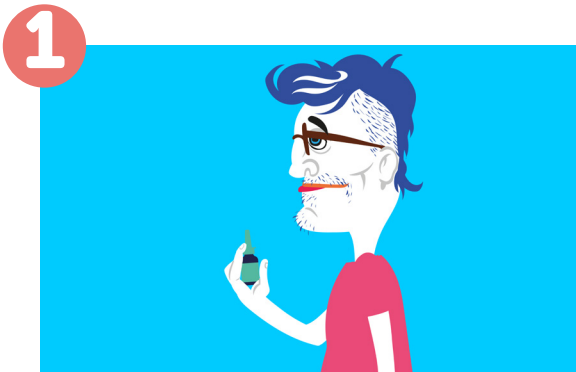
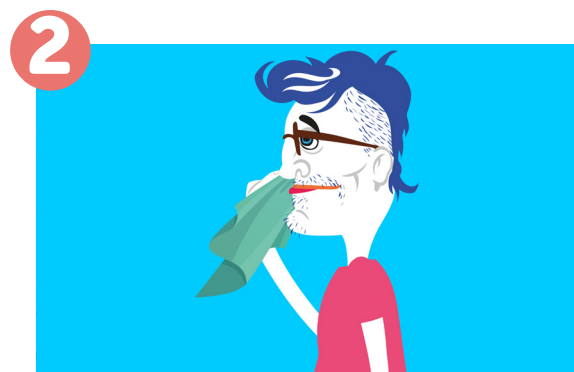


HOW TO USE NASAL SPRAYS CORRECTLY

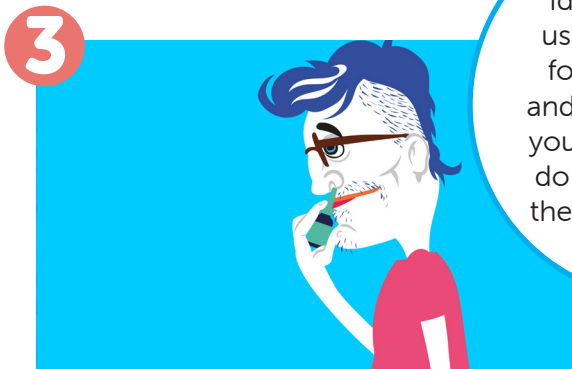
As most people will use nasal sprays to manage their allergic rhinitis (commonly known as hay fever), it is really important that you know how to use them properly. When used correctly the spray will reach the right areas in your nose to help manage your symptoms.



Shake the bottle before each use. If you are starting a new bottle or you have not used your spray for a while, do a first spray into the air. This will make sure a full dose comes out.



Blow your nose before spraying. If your nose is blocked use a nasal rinse.



Tilt your head slightly forward and gently insert the tip of the nozzle of your spray into your nostril.

Ideally you should use your right hand for your left nostril and your left hand for your right nostril. You do not need to push the nozzle in very far.



Aim the nozzle away from the middle or sides of your nose.



Sniff gently at the same time as spraying, but avoid sniffing hard during or after spraying.

If clear fluid drips out of your nose, you need to change the angle of the nozzle or the timing of the gentle sniff.

If your allergic rhinitis is not improving with the treatments you are using, ask your doctor for a referral to see a clinical immunology/allergy specialist.