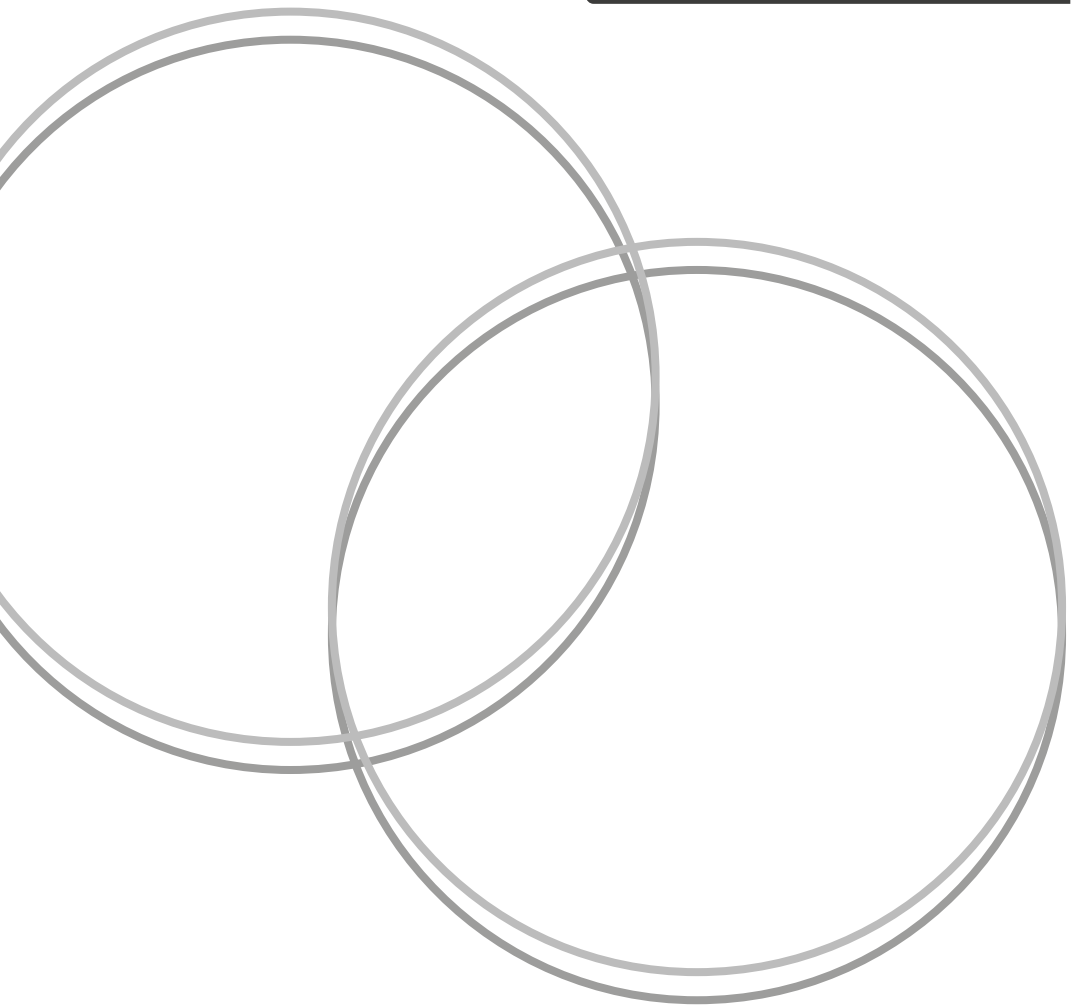
Oxford University Hospitals
NHS Foundation Trust

How to use nose drops and sprays

Information for patients



ENT, West Wing

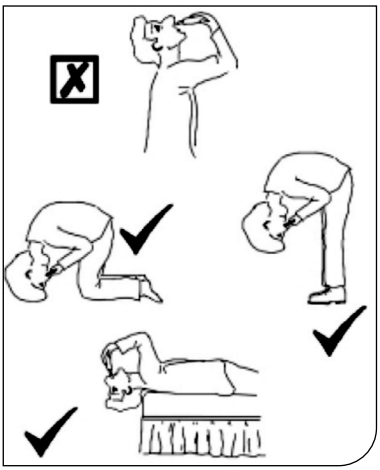
You have been asked to use either nasal drops or a spray (or both) to help ease nasal symptoms. It is important that these are administered correctly to make sure you get maximum benefit from the medication.

Nasal drops

The aim is to get the liquid to spread over all the inside surface of the nose – including the upper surface. If used incorrectly the drops will go down into your throat and stomach. This can make you feel sick. The best way to use drops is using the methods shown below.

- Blow your nose gently.
- Drop the required number of drops into each nostril.
- A good position is to lie on a bed with your head hanging back over the edge. Stay like this for two minutes after putting in the drops before getting up. This is so that the liquid does not immediately run out of your nose or down the back of your throat but stays for a while in the nose cavity.

Using nose drops



- Kneeling or bending forwards is an alternative, but it is harder to stay like this for two minutes after putting in the drops.
- Do not put in nose drops by tilting your head back when standing or sitting. The upper surface inside your nose will not be covered by the liquid.
- Replace the top on the bottle after using.

Nasal spray

Nasal spray can dry out the nose and make it sore if used incorrectly. The spray needs to be directed to the back of the nose, but away from the dividing wall (the septum). The best way to achieve this is by doing the following:

1. Shake bottle well.

2. Tilt your head down.

3. Using your RIGHT hand for the LEFT nostril, put the nozzle just inside your nose aiming towards the outside wall.

4. Squirt once or twice (if twice, spray in two different directions, one up & one back).

5. Change hands and repeat for the other side.

If your nose gets dry you can gently massage a small amount of Vaseline into the septum after you have instilled the drops or spray. If some crusts form, do not pick them off as this can make the delicate lining very sore.

How to contact us

If you have any questions or concerns, you may speak to a nurse on:

Tel: **01865 231182**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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