

ENT Nasal Spray Home Instructions



1. _____ Spray:
Squirt _____ sprays into each nostril _____ times daily
2. You will follow up in _____
3. If you have questions, call 319-338-0581, at the prompt dial 9-5000 (the ENT office)

How to properly use nasal sprays:

1. Blow your nose gently before use.
2. Using the opposite hand (right nostril, use left hand; left nostril, use right hand) place the clean tip into the nostril plugging the opposite nostril.
3. Keep your head upright. Breathe in quickly while squirting the spray.
4. Repeat in other nostril.

