



How to Use Nasal Sprays

How to use a nasal spray with a pressurized canister:

- 1) Blow your nose to clear out loose mucus.
- 2) Make sure the canister fits snugly inside its holder. Shake the canister several times and prime per manufacturer's instructions.
- 3) Keep your head upright and looking ahead.
- 4) Hold the canister in one hand and insert the tip into one nostril, aiming away from the septum (cartilage separating the nostrils) and toward the back of your head. Don't spray yet.
- 5) Use the forefinger of your hand not holding the canister to close off the nostril not receiving the medication.
- 6) Breathe out slowly through your mouth.
- 7) Press down on the canister as you begin to breathe in slowly through your nose.
- 8) Repeat steps 4-7 in the opposite nostril. If you need to use more than one spray per nostril, repeat the steps.
- 9) Try not to sneeze or blow your nose for several minutes after completing the process.

How to use a nasal spray with a pump bottle:

- 1) Blow your nose to clear out loose mucus.
- 2) Remove the cap and shake the canister several times.

- 3) Prime pump by spraying into the air a few times if directed by instructions. (Only for first use or after not using for several days).
- 4) Keep your head upright and looking ahead. Slightly tuck your chin.
- 5) Hold the pump bottle in one hand, with the thumb at the bottom and index and middle fingers on top.
- 6) Insert the tip into one nostril, aiming away from the septum (cartilage separating the nostrils) and toward the back of your head. Don't spray yet.
- 7) Use the forefinger of your hand not holding the bottle to close off the nostril not receiving the medication.
- 8) Breathe out slowly through your mouth.
- 9) Squeeze the pump as you begin to breathe in slowly through your nose.
- 10) Repeat steps 4-9 in the opposite nostril. If you need to use more than one spray per nostril, repeat the steps.
- 11) Try not to sneeze or blow your nose for several minutes after completing the process.



Get started on your path to relief at
asthmarelief.acaai.org.

Dr. Joe Venzor

Southwest Allergy and Asthma Associates

(915) 592-6269

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.