How to use Nasal Drops

1. Blow nose gently to clear nostrils

2. Shake the bottle. Remove cap.

3. Without touching the dropper tip against your nose, tilt head back as far as possible. You may wish to lie down on a flat surface and hang your head over the edge

4. Squeeze the dropper gently to place the correct number of drops into the nose.

5. Sniff gently to let the drops penetrate and stay in position for 2-3 minutes

6. Clean the dropper tip with warm water and dry with a tissue

7. Replace the cap.

Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity

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