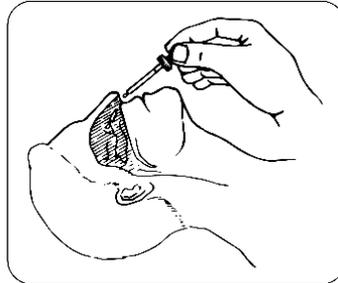




How to Use Nose Drops Properly



(Having someone else give you the nose drops may make this procedure easier.)

1. Blow your nose gently.
2. Wash your hands thoroughly with soap and water
3. Check the dropper tip to make sure that it is not chipped or cracked.
4. Avoid touching the dropper tip against your nose or anything else - nose drops and the dropper must be kept clean.
5. Tilt your head as far back as possible, or lie down on your back on a flat surface (such as a bed) and hang your head over the edge.
6. Place the drops into your nose.
7. Bend your head forward toward your knees and move it left and right.
8. Remain in this position for a few minutes.
9. Clean the dropper tip with warm water. Cap the bottle right away.
10. Wash your hands to remove any medication.

REMEMBER:

Follow directions carefully
Do not miss doses
Use nose drops only as long as directed
Store medications out of reach of children

Adapted, with permission, from the Michigan Pharmacists Association's *Patient Education Program* .

