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 clean nose.
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 correct number of drops into your nose.
7. Bend your head forward toward your knees and gently move it left and right.
How to Use Nose Drops Properly (continued)

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