



I CAN!

The Children's Asthma and Allergy Network
@ The Children's Medical Institute

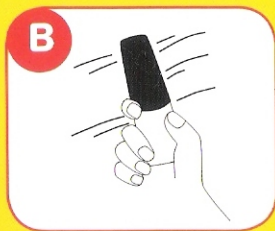
How to use the nasal spray

HOW TO USE THE NASAL SPRAY



1) Gently blow your nose to clear nostrils.

2) Remove the cover from the nasal spray.



3) Shake the nasal spray.



4) Hold head in neutral upright position

5) Direct spray to the side, away from the middle of the nose, either 10 o'clock or 2 o'clock direction. (Use the right hand to spray left nostril and left hand to spray right nostril).

6) Activate the device as recommended by the manufacturer and with the number of sprays recommended by the doctor.

7) Gently breathe in during spraying.

8) Breathe out through the nose.



9) Repeat steps 4 to 8 for the other nostril.

NOTE

- If the nasal spray is used for the first time, shake the canister and spray it several times into the air till the mist is uniform. Repeat this process if the spray has not been used for 14 days or longer.



ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION