Royal National Throat, Nose and Ear Hospital

How to use your nasal spray

- Shake bottle well.
- Look down.
- Using right hand for left nostril, put the nozzle just inside your nose aiming towards the outside wall.
- Squirt once or twice (if twice, spray in two different directions, one up and one back).
- Change hands and repeat for the other side.

Do not sniff hard!

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