

Instruction of Nasonex Nasal Spray

1. Gently blow your nose to clear it of mucus before using the medication.
2. Remove the cap. Shake the bottle. The first time you use the pump spray, you may have to “prime” it by squirting a few times into the air until a fine mist comes out.
3. Tilt your head forward slightly. Breathe out slowly.
4. Hold the bottle upright. Insert the tip into the nostril. Use a finger on your other hand to close your nostril on the side not receiving the medication.
5. Squeeze the pump as you begin to breathe in slowly through your nose.
6. Repeat these steps for the other nostril. If you are using more than one spray in each nostril, follow all these steps again.
7. Try not to sneeze or blow your nose just after using the spray. Wipe the tip of the dropper with clean tissue and keep the container tightly closed.



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