

## USEFUL TELEPHONE NUMBERS

If you are concerned or worried about anything to do with your procedure in the first 48 hours following it please contact us for advice on:

**ENT Outpatients: 8am—5pm** on  
01254 734544

Or

**Ward B14 at any time on:**

01254 735185

After this time, please contact your own GP.

If you require this document in an alternative format or language, please contact 01254 734544

### Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

### Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

### Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

### Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

### Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba. prašome susisiekti su mumis

**E.N.T.**

T: 01254 734544

W: www.elht.nhs.uk

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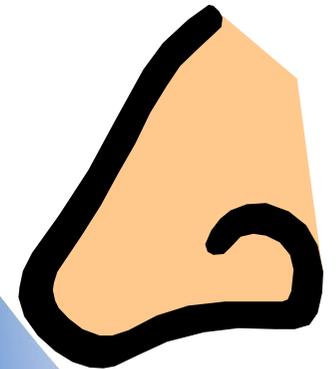
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**NHS**

East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

# Nasal Spray and Nasal Drops



Safe | Personal | Effective

## How to use a nasal Spray:

- Blow your nose gently and shake the bottle.
- Tilt your head forward.
- Hold the spray bottle upright.
- Insert the tip of the spray bottle just inside one nostril. Close the other nostril with your other hand and apply one or two sprays as prescribed.
- Breathe in as you spray (do not sniff hard as the spray then travels past the nose to the throat)
- Do not angle the canister towards the middle or side of the nose, but straight up. With your head tilted forward the spray should go to the back of your nose



## How to use nasal drops:

- Blow your nose gently.
- Drop the required number of drops into each nostril.
- The aim is to get the liquid to spread all over the inside of the nose.
- A good position is to lie on a bed with your head hanging back over the edge. Stay like this for 2 minutes after putting the drops in. This is so that the liquid does not immediately run out of your nose or down the back of your throat but stays for a while in the nasal cavity.
- Kneeling or bending forwards is an alternative, but it is harder to stay like this for 2 minutes after putting in the drops.
- Do Not put in nose drops by tilting your head back when standing or sitting. The upper surface inside your nose will not be covered by the liquid.

## Effective positions for using nasal drops:

