

COMPOUNDED NASAL SPRAY  
GENERAL INSTRUCTIONS

- Usual dose: 1 to 2 sprays in each nostril 3 or 4 times a day.
- The actuated nasal sprayer should be inserted into the bottle intact- **DO NOT CUT THE TUBE ATTACHED TO THE SPRAYER**
- If you haven't used the spray bottle yet or if you haven't used it for some time, you must prime your pump unit, to do this: Point spray tip away from you, press & release pump, repeat until a fine spray appears.

To take your dose:

- 1-Gently blow your nose.
- 2-Remove the cap from the spray tip.
- 3-Keep the bottle upright.
- 4-Put the spray tip into nostril. Use the finger of your other hand to close off your other nostril.
- 5-Bend your head forward.
- 6-Start to breathe in through your nose. At the same time press down firmly 1 time on the spray tip.
- 7-Breathe out through your mouth.
- 8-If a second spray is required in that nostril repeat steps 4 to 7
- 9-Repeat steps 4 thru 8 for other nostril

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