

## How to use a nasal steroid spray



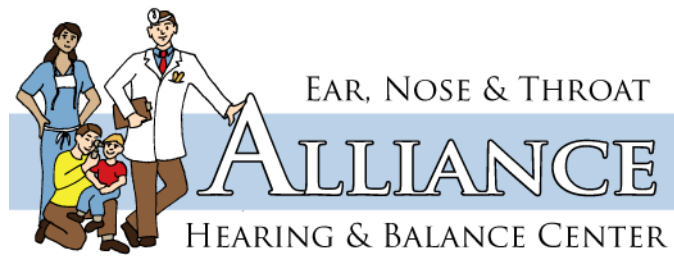
- Gently blow your nose to clear it of mucus before using the spray.
- Shake the bottle. You may need to prime it by squirting a few times into the air until a fine mist comes out.
- Tilt your head forward slightly. Breathe out slowly.
- With the tip of the bottle held gently inside your nostril, **aim the nozzle towards the side of your nose and towards the top of your head.** This position will deliver the medicine to more of the large chamber inside your nose and minimize the irritation to the surface of your nasal septum (the wall between the 2 nostrils). This will reduce the problem with nasal bleeding. Avoid spraying in eyes or directly onto the nasal septum.
- Squeeze the pump as you begin to breathe in slowly through your nose.
- Repeat these steps for the other nostril. Some products require one spray each nostril; others two sprays.
- Try not to sneeze or blow your nose just after using the spray.
- Spray after showering when the nasal cavities are open and moist.

### Which steroid spray is the best?

- Most scientific studies support that all of the steroid sprays are equally effective. Individual responses may vary, therefore it may take "trial and error" to see which drug is the most effective for you.
- Some cause more nasal irritation, such as fluticasone and Beconase AQ.
- Some have a worse taste than others, such as Nasarel and Flonase.
- Compared with other drugs used for allergic rhinitis, nasal corticosteroids are generally more effective at controlling sneezing, itching, runny nose, nasal congestion.

### Dosing and Administration

- Once Daily:
  - Fluticasone (Flonase, Veramyst): 2 sprays each nostril
  - Nasonex, Nasonex: 2 sprays each nostril
  - Rhinocort Aqua: 1 spray each nostril
- Twice Daily: Beclomethasone (Beconase AQ) is generally used twice daily and flunisolide (Nasarel) is generally used two to three times daily.



Discount coupons often available at the manufacturer's website