

**HOW TO USE
YOUR**

**NOSE
DROPS**

**PHARMACEUTICAL SERVICES DIVISION
MINISTRY OF HEALTH**

INTRODUCTION

Nose drops are solutions or suspensions of medicine. They are used to produce a local effect directly on the nose.

BEFORE USING NOSE DROPS

Tell your doctor or pharmacist if:-

- You are allergic to any medication.
- You have any medical problem.

HOW TO USE NOSE DROPS

1. Gently blow your nose so that your nostrils are clean.
2. Wash your hands.
3. Read the medication label.
4. Unscrew the cap of the bottle (for bottles with an integrated dropper, draw some liquid into the dropper).
5. Tilt your head back.

6. Hold the bottle or dropper above your nostrils and gently squeeze the correct number of drops into the nostrils.
7. Keep your head tilted back for a few minutes to allow the drops to drain into the back of the nose.
8. Replace the cap on the bottle.

DEMONSTRATION



IF YOU MISS A DOSE

Take it as soon as you remember. However if it is almost time for the next dose, skip the missed dose and go back to your regular dosing schedule.

DO NOT DOUBLE THE DOSE

- Keep all medicines in a safe place away from the reach and sight of children
- Store your nose drops in a cool, dry place.
- When you have finished your course of the treatment, throw any leftover drops away.
- Do not use the drops after the expiry date marked on the package.
- Discard the product as directed after opening the bottle.

SIDE EFFECTS

You may experience an unpleasant taste in your mouth. This is because the nostrils are connected to the throat and some of the liquid may drain into your mouth.

PRECAUTION

DO NOT use your nasal drops more often or for longer than you have been told.

Some nose drops must only be used for a short time and will stop working if used for too long.

Do not touch the nose with the tip of the bottle or dropper.

WARNINGS..!

All directions on these pages are for information purposes only. They are not instructions to use your specific medicine. Please obtain appropriate medical advice if you have any questions regarding your medicine.

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