



## Family Education Handout Use of Nasal Sprays

**Intranasal sprays are used to help decrease swelling of the nasal membrane, to improve sinus drainage, and to aid in improving airflow.**

### **Nasal saline spray**

To use, spray 1-2 puffs straight into each nostril. Patient should lightly sniff in and then wait for about 1 minute before blowing his/her nose. This should be done on an as needed basis.

### **Intranasal steroids (Nasacort, Nasonex, Flonase, Rhinocort)**

To use, spray 2 puffs into each nostril, spraying away from the septum (ie aim toward outer corner of eye). Patient should lightly sniff in. To target the frontal sinuses, do this while lying on a bed with your head hanging over the edge. This should be done once daily.

### **Intranasal antihistamines (Astelin, Patanase)**

To use, spray 1-2 puffs into each nostril, spraying away from the septum. Do not sniff in, but rather allow the excess medication to drain out. This should be done in the morning and at night.

### **Saline Gel and Vaseline**

To use, place a small amount onto a Q-tip and insert into each nostril, placing a small amount on the septum (wall which separates the right from left nostril). Gently sniff in and then gently blow nose after several minutes. This should be done in times of low humidity, such as winter, and when the nose is irritated.