

MASTERING YOUR MEDICATION

A GUIDE TO NASAL SPRAY AND TROCHE USE



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Navigating the world of medication can be a daunting task, especially when it comes to understanding the most effective ways to use different forms. Today, we're breaking down everything you need to know about two specific methods: nasal sprays and troches. Whether you're starting a new prescription or looking to optimize your current regimen, this guide is for you.

WELCOME



THE NASAL SPRAY:

Ensuring Maximum Absorption

01

General Information

Nasal sprays are a popular choice for their convenience and effectiveness, boasting a remarkable 50% absorption rate through the nasal mucosa. Here's how to make the most out of your nasal spray.

02

Usage instructions

Daily Use**: Medication should be used daily, NOT as needed. This is maintenance medication meaning that it is maintaining the benefits obtained from your infusion at the clinic. The medication is NOT meant to “pull you out of a hole” like the infusions do. Be sure to use daily.

03

Application Technique

Aim for a single spray into each nostril, waiting 1-3 minutes for the nasal pathway to dry before any additional sprays. Remember, the goal is to maximize the medication's stay within the nasal passage.

04

PRECAUTIONS

When first starting medication we recommend taking it 1-2 hours before bedtime. ****NO DRIVING, WORKING, SERIOUS DECISION MAKING, OR DOING ANYTHING THAT PUTS YOU OR OTHERS AT RISK FOR 12HRS AFTER USE.**

05

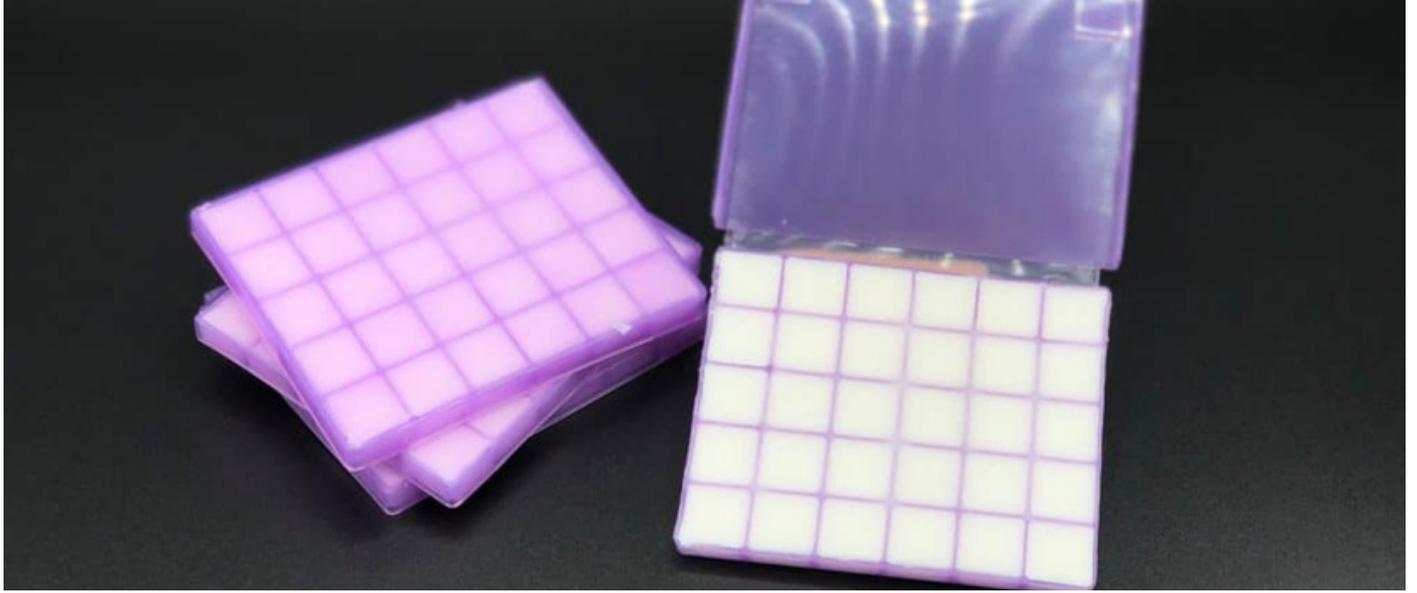
Tips for Success

Maintain the bottle upright at all times. -If unsure about the spray dosage, do not double-spray. Instead, follow the prescribed daily limit. -To apply, sit or stand upright, tilt your head forward by 15 degrees, and lightly sniff as you spray. -Keep the applicator clean by rinsing it daily under warm water.

06

Pros and Cons

The nasal spray method is favored for its high bioavailability. However, it's not without its drawbacks, such as potential bitterness and the need for meticulous applicator maintenance to prevent clogging.



THE TROCHE:

A Gentle Alternative

01

General Information

Troches, with a 30% absorption rate, offer a less invasive option. They require careful handling and patience but can be just as effective when used correctly.

02

Usage instructions

Daily Use**: Like nasal sprays, troches should be taken daily at a consistent time that suits your routine.

03

Application Technique

Place a troche under the tongue or between the gum and cheek, minimizing movement to ensure best absorption. -The troche is compounded in a way that instead of dissolving in

your mouth, it melts. After 5 or more minutes there will be a pool of liquid in place of the waxy cube the troche once was. We recommend that after the troche has liquified (5-10min) you spit the remaining contents out.

04

PRECAUTIONS

When first starting medication we recommend taking it 1-2 hours before bedtime. ****NO DRIVING, WORKING, SERIOUS DECISION MAKING, OR DOING ANYTHING THAT PUTS YOU OR OTHERS AT RISK FOR 12HRS AFTER USE.**

05

Tips for Success

Store troches at room temperature in a safe location, away from heat.
- Avoid eating, drinking, or excessive talking until 30 minutes after the medication has fully dissolved.

06

Pros and Cons

Troches are easy to use and less intrusive than nasal sprays but require caution due to their temperature sensitivity and the potential for a bitter taste during dissolution



IN CONCLUSION

Whether you opt for a nasal spray or troche, understanding the correct usage techniques and precautions can significantly enhance the effectiveness of your medication. Remember, consistency is key, as is patience and adherence to the prescribed guidelines. Always consult with your healthcare provider for personalized advice and adjustments to your medication regimen.

This information is tailored to inform and guide readers on the proper use of nasal sprays and troches, emphasizing practical tips, potential benefits, and considerations to ensure safe and effective medication management. If you have questions, side effects, or an undesired response to the medication STOP taking the medication immediately and contact your provider and pharmacy.

Thank you!