

MEDICATION AIDES

HOW TO USE NOSE DROPS

- Q Blow your nose gently, so that it is clear.
- Q Wash your hands.
- Q Unscrew the top of the bottle and draw some liquid into the dropper.
- Q Tilt your head back.
- Q Hold the dropper just above your nose and put the correct number of drops into your nostril.
- Q DO NOT let the dropper touch the inside of your nose.
- Q Keep your head tilted back for two to three minutes to help the drops run to the back of your nose.
- Q Replace the top on the bottle.



Store your nose drops in a cool, dry place.

- Q DO NOT use your nose-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.
- Q If you are putting the drops into a child's nose, it may be easier to make the child lie across your knee with his head hanging down.
- Q When you have finished your course of treatment, throw any leftover drops away, or return them to your pharmacist for disposal.

ALWAYS WASH YOUR HANDS



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