

Patient advice sheet

How to use your nose drops

This leaflet is designed to advise patients on how to use their nose drops correctly.



1. Read the instructions on the label.
2. Blow your nose unless the doctor has told you not to.
3. Wash and dry your hands.
4. Shake the bottle, and remove the cap. (If using a glass dropper check that it is not broken.)
5. Stand or sit comfortably, with your head tilted backward. Alternatively you can lay down with your head over the edge of a bed or sofa.
6. Breathing through your mouth, place the prescribed number of drops, usually two or three, into the nostril.
7. Repeat for the other nostril if required.
8. Do not let the tip of the bottle or dropper touch any part of your nose.
9. Keep your head tilted backward for two or three minutes so that the drops can spread through your nose. Do not sniff. Sit up slowly.
10. You may be able to taste the drops. This is normal.
11. Replace the cap on the bottle.
12. Do not use the drops for longer than recommended by your doctor.
13. Once opened, most nose drops should be discarded a maximum of ONE month after opening. Check on the label or ask your Pharmacist.

Always keep the container tightly closed and store in a cool place, or as directed on the label.

Who can I contact if I have any more questions?

If you have any further questions about your medicines contact the Patient Medicines Helpline within the Medicines Resource Centre on 01296 838220.

Opening hours: Monday – Friday 9-4pm.

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

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If you would like a copy of this information on audiotape, **in large print** or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net