

How to Use Nasal Pump Sprays

1

Wash your hands thoroughly with soap and water.



2

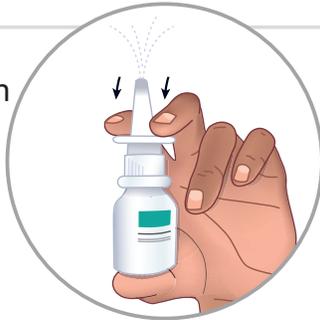
Blow your nose gently before using the spray.



3

Hold the bottle with your thumb at the bottom and the first two fingers at the top on either side of the nozzle.

If you are using this spray for the first time or after a period of time of not using it, prime the pump bottle according to the manufacturer's instructions. You will prime the pump bottle by spraying it into the air a certain number of times.



4

Tilt your head slightly forward. Gently insert the nozzle tip straight into one nostril. Press on the other side of your nose with one finger to close off the other nostril.



5

Breathe in slowly while squeezing down on the pump bottle one time.



6

Repeat in other nostril.



How to Use Nasal Pump Sprays *(continued)*

7

Do not blow your nose right after using the spray.

8

Wash your hands thoroughly with soap and water.

