

**NASAL SPRAY SAMPLE INSTRUCTIONS**

**You have been given one or more of the following medication samples to try. Use them as directed. If the sample medications work for you, please call us and we can send a prescription to your pharmacy. Please note how these medications affect you so that we can chart any adverse effects or allergic reactions.**

**The purpose of the following sprays is to open the nose and improve nasal breathing.**

**NASAL STEROIDS:**

Fluticasone, Flonase: Ages 4-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

Nasacort, Triamcinolone: Ages 2-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

Nasonex, Mometasone: Ages 2-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

**NOTE (for any of the above sprays):** Use the spray for at least two weeks consecutively; it will not work right away. May decrease to one spray a day afterwards if it is still helpful in keeping the nose open. If you are able to use one spray a day, you may then try using it every other day.

**Other sprays:**

Dymista: 1 spray each nostril two times a day.

Azelastine (Asteline): 1-2 sprays each nostril 1-2 times a day as needed for runny nose, nasal stuffiness.

Azelastine and nasal steroid spray (ie, Flonase or Nasacort): 1 spray of Azelastine in each nostril, followed by one spray of your nasal steroid into each nostril. Do this 2 times a day.

**NOTE:** To best deliver the medication to the nose, use the opposite hand to spray the opposite nose (i.e., right hand for the left nose, left hand for the right). Some of the side effects of the nasal sprays include nasal dryness, nose bleeds, sore throat, headaches. To prevent these, use the following:

Nasal saline (ie, different brands are Ocean, Ayr, Neil Med bottle, Neti pot): Saline solution is a natural product that is similar to what your nose normally produces. Use 1-2 sprays each nostril 3 or more times a day to rinse and moisturize the nasal passages. This can be purchased over the counter.

Nasal gel (ie, Ocean, Ayr): apply pea-size amount twice a day to nose on both sides with clean finger or qtip. This can be purchased over the counter.