

**NASAL STEROID SPRAY and TOPICAL ANTIHISTAMINE USE**

- Pre-treat your nose with nasal saline if your nose is dry, sore or if you are likely to experience nose bleeds. Also, gently blow your nose to clear nostrils.
- With your head slightly bent down, looking at the ground, place nozzle tip ¼" inside the right nostril and angle tip toward the right ear while spraying. Avoid sniffing as you spray medication or there is increased chance the medication will go down the throat, (which could possibly lead to a sore throat).
- Repeat in the left nostril and angle the tip toward the left ear.
- Gently massage the side of the nostril for 10 seconds.
- Breathe normally and do not tilt head back after dosing (or during dosing) to avoid drawing medications into the throat.
- Wipe off any excess medication that runs out the nostril with tissue.
- Remember that nasal steroid sprays do not generally work right away and it may take up to 2-3 weeks of using them CONSISTENTLY AND DAILY before you see an improvement in your nasal symptoms. Also, nasal steroid sprays need to be used daily and are not meant to be used sporadically. If they are used intermittently, you may not experience the maximum benefit of the drug.
- Use sinus rinse in the morning and evening 5 minutes prior to using nasal steroid spray.
- Topical antihistamines work more rapidly than nasal steroid sprays and relief or improvement of symptoms is usually within 30 minutes. They are a good choice to use if you are going into an environment that makes your allergy symptoms worse (smoke, perfume, scented candles, etc.).