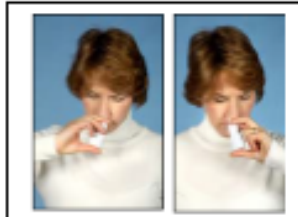
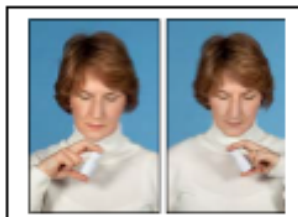


Standard Operating Procedure

How to apply a nasal spray

- Always ensure hands are clean before applying a nasal spray
- Always ensure the spray device is working and primed
- Shake the bottle before use
- A spray can be applied either in the morning, or evening, or both



ACTION		RATIONALE
Step 1. Clear the nose	Gently blow the nose or	This prepares the nasal area by removing mucus that otherwise would trap the medicated spray preventing it from reaching the nasal lining
Step 2. Bend the head forward	Bring your chin to your chest	This position closes off the back of the throat and allows the spray to reach the correct area inside the nose
Step 3. Hold the spray in the opposite hand to the nostril in which you are about to apply the spray	How to hold and activate the spray will depend on the device being used. Follow manufactures instructions.	This ensures you aim the spray pointing it away from the septum which has only a thin layer of membrane and can be easily damaged.
Step 4. Using the opposite hand to the nostril, place the end of the spray bottle just inside the nostril aiming away from the septum.		This will ensure the spray is aimed toward the fleshy turbinate's inside the nose.
Step 5. Activate the spray DO NOT sniff		Each spray will release a metered dose of the medication. Sniffing hard causes the medication to pass straight through the nasal cavity and swallowed.
Step 6. Change hands and repeat this action in the other nostril		Using the opposite hand ensures that the spray bottle continues to be angled away from the septum.