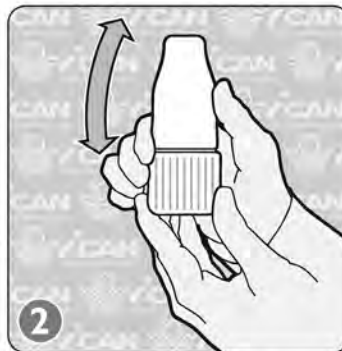


NASAL SPRAY

ALL AGES



1 BLOW YOUR NOSE



2 SHAKE & REMOVE CAP



* 3 PRESS DOWN AS YOU BREATHE IN, DON'T SNIFF



4 REMINDER



5 REPLACE CAP

IMPORTANT INFORMATION

Expired?: Check the expiry date on the label.

Reminders: * Step 3:

- Place the tip of the nasal spray in your nostril.
- **Aim the tip toward your ear on the same side.**
- Block the other nostril with your finger.
- Don't sniff or blow your nose for a few minutes after you spray so the mist has a chance to be absorbed. Hold a tissue under your nose.

Reminder: This spray works best if taken daily for at least several weeks. Use as prescribed.

Store at room temperature, away from direct light.

Cleaning: Refer to directions that came with your nasal spray.

Ask your pharmacy how to safely throw away medicines and asthma devices

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service and the COPD & Asthma Network of Alberta.

For more information on asthma medications and device demos, visit:

www.ucalgary.ca/icancontrolasthma

