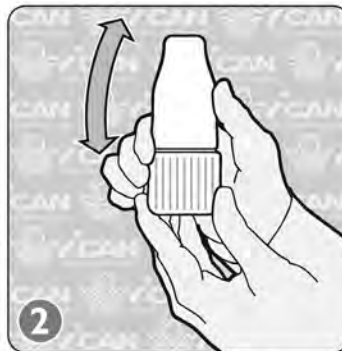


NASAL SPRAY

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.

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.

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

