

## Figure 4. Correct procedure for using a nasal spray

1. Shake bottle well
2. Look down
3. Using RIGHT hand for LEFT nostril put nozzle just inside nose aiming towards outside wall
4. Squirt once or twice (2 different directions ↔ )
5. Change hands and repeat for other side
6. DO NOT SNIFF HARD



Adapted from Scadding GK, Durham SR, Mirakian R, et al. BSACI guidelines for the management of allergic and non-allergic rhinitis. *Clin Exp Allergy* 2008;38:19-42.  
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