

## Instructions for the Use of Pulmicort with a Mucosal Atomization Device

1. Before administering the medication, please ensure you have each of the following:
  - a. (1) Pulmicort respule (2mg of 0.5mg/ml).
  - b. (1) Mucosal Atomization Device (MAD) syringe tip securely fastened to a 3mL syringe.
2. Completely remove the plunger by pulling it out and away from the syringe head. You will hear a slight “popping” sound once removed.
3. Open the Pulmicort respule by rotating the respule head. Continue rotating until the head is completely detached, leaving an opening for medication to be poured out.
4. Place a finger on the tip of the syringe and rotate the syringe and your hand so the syringe tip is pointing downward. The rear of the syringe should be open and facing upwards, ready to be loaded with medication.
5. Pour the medication from the respule into the open syringe end. It is important to cover the tip of the syringe with your finger to prevent medication from dripping out. Ensure there is no medication remaining within the respule.
6. Replace the syringe plunger and turn the syringe over. Gently advance the plunger to remove the air from the syringe. Be careful not to push the plunger too far as medication will eject from the syringe tip. Confirm there is 2mL of medication within the syringe.
7. While holding the syringe in your dominant hand, lie down on your bed allowing your head to hang over the edge (see picture).
8. Raise the syringe to either your left or right nostril, insert the tip as far as is comfortable and take care to angle the syringe toward the eye on the same side.
9. Push the plunger firmly until half the medication has been administered. Approximately 1mL should remain inside the syringe. The remaining medication will be used for the opposite side.
10. Repeat step #8 and 9 for the opposite nostril. All 2ml of the medication should now be used, equally distributed on each side.
11. Once complete, remain lying on your bed with your head hanging off the edge for 1 minute. This is important, as it will ensure that the medication will reach your frontal sinus cavities.

12. Once 1 minute has expired, raise yourself slowly from the bed and clear any excess medication that may have dripped out of your nose.

13. You have now completed administering Pulmicort to your sinus cavities. Be sure to repeat these steps as often as instructed by Dr. Javer. It is also important to note that your syringe and syringe tip should be replaced every month. For intermittent cleaning, flush the syringe and syringe tip with warm water and mild soap or pass some isopropyl alcohol through it to keep it clean.