

# NASAL SPRAYS & NASAL RINSES

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## Nasal Sprays

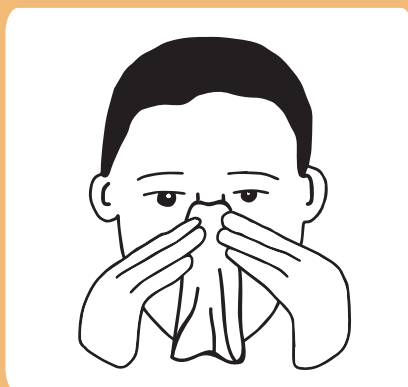
Nasal spray works by reducing inflammation in the nasal passages. It relieves symptoms such as congestion (blocked nose), runny nose, sneezing, and nasal itching. Furthermore, it blocks the release of certain natural substances that cause allergy symptoms.

Mometasone is a commonly prescribed nasal spray that belongs to the family of medications known as corticosteroids. It is used to treat seasonal allergic rhinitis, allergic rhinitis, allergic and non-allergic perennial rhinitis, and vasomotor rhinitis. It is also used to treat nasal polyps, to prevent new polyps from appearing, and recurrences of nasal polyps after surgery to remove polyps. The effects of treatment with budesonide may not be noticed until after 2 to 3 days of treatment.

### HOW TO USE NASAL SPRAYS



Shake the spray bottle



Blow nose until nostrils are clear



Hold one nostril closed with one finger and tilt head forward



Place applicator into other nostril directed towards the eye on the same side



With head bent forward, hold pump down while breathing through nose



Don't blow nose for at least 15 minutes

### SAFETY CONCERNS

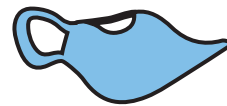
1. Do not share bottles of nasal spray, this may spread germs
2. Sterilized nasal spray can be used to treat symptoms (e.g., sneezing, stuffy, runny, itchy nose) caused by the common cold.

## Nasal Rinses

Nasal rinses (or irrigation) help thin out mucus and flush it out of the nasal passages. This allows cilia, tiny hair-like structures that line the nasal passages, more effectively remove bacteria from the sinuses.

Nasal irrigation can be used in conjunction with other treatments such as antibiotics. Most patients report significant improvement in overall symptom severity with daily nasal rinses.

### Two common devices



neti pots

bulb syringes



### Make your own saline solution!

1/2 tsp salt

1/2 tsp baking soda

240 ml sterilized water

### HOW TO USE NASAL RINSES



Prepare saline solution



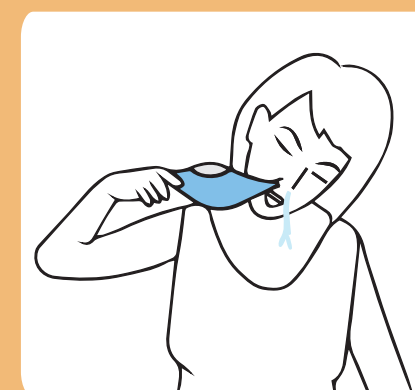
Lean forward over sink



Place tip of device inside nose and slightly squeeze bottle or tilt pot



Breathe through mouth, not nose



Allow solution to drain out other nostril



Clean nose and repeat with other nostril

### SAFETY CONCERNS

1. Regularly clean nasal irrigation device
2. Replace every two to three months
3. Only use tap water if it has been properly treated or filtered