

**NASAL SPRAY SAMPLE INSTRUCTIONS**

**You have been given one or more of the following medication samples to try. Use them as directed. If the sample medications work for you, please call us and we can send a prescription to your pharmacy. Please note how these medications affect you so that we can chart any adverse effects or allergic reactions.**

**The purpose of the following sprays is to open the nose and improve nasal breathing.**

**NASAL STEROIDS:**

Flonase (fluticasone): Ages 4-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

Nasacort (triamcinolone): Ages 2-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

Nasonex: Ages 2-11 years old: 1 spray each nostril once a day  
Ages 12 years and older: 2 sprays each nostril once a day

Veramyst: Ages 2-11 years old: 1 spray each nostril once a day.  
Ages 12 years and older: 2 sprays each nostril once a day

Omnaris: Ages 12 years and older: 2 sprays each nostril once a day.  
Ages 6 and older: 2 sprays once a day during allergy season only.

Note (for any of the above sprays): Use the spray for at least two weeks consecutively; it will not work right away. May decrease to one spray a day afterwards if it is still helpful in keeping the nose open. If you are able to use one spray a day, you may then try using it every other day.

**Other sprays:**

Asteline (azelastine): 1-2 sprays each nostril 1-2 times a day as needed for runny nose, nasal stuffiness.

Patanase: 1-2 sprays each nostril 2 times a day as needed for runny nose, nasal stuffiness.

Asteline and nasal steroid spray: 1 spray of Asteline in each nostril, followed by one spray of your nasal steroid into each nostril. Do this 2 times a day.

Patanase and nasal steroid spray: 1 spray of Patanase in each nostril, followed by one spray of your nasal steroid into each nostril. Do this 2 times a day.

**NOTE: To best deliver the medication to the nose, use the opposite hand to spray the opposite nose (i.e., right hand for the left nose, left hand for the right). Some of the side effects of the nasal sprays include nasal dryness, nose bleeds, sore throat, headaches. To prevent these, use the following:**

Saline (ie, Ocean, Ayr, or Neil Med bottle): 1-2 sprays each nostril 3 or more times a day. This can be purchased over the counter.

Nasal gel (ie, Ocean, Ayr): apply pea-size amount twice a day to nose on both sides with clean finger or qtip. This can be purchased over the counter.