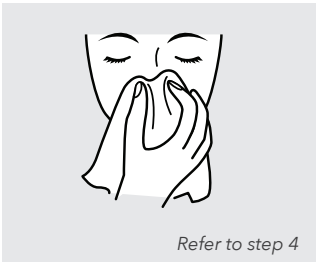
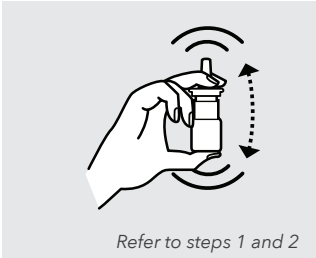


Counselling Checklist

Directions for use of nasal sprays



- 1 Hold the sprayer as shown.
- 2 Shake the sprayer and remove its cap.
- 3 Before using the sprayer for the first time, or if it has not been used for several days, prime it by spraying away from you a few times.
- 4 Gently blow your nose.
- 5 With your head upright and tilted forward slightly, press your finger against one side of your nose to close the nostril.
- 6 As you breathe in a normal fashion, spray the medication once into your open nostril.
- 7 Repeat steps 5 and 6 to the second nostril, if required.
- 8 If you are instructed to use two sprays into affected nostril(s), repeat steps 5 and 6 once again.
- 9 Wait at least 15 minutes after application before blowing your nose.

 Refer to instructions for waiting time