

How to Give Nasal Spray



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How to Give Nasal Spray	Reasons Why
1. Wash hands	<i>Good hand washing reduces the spread of infection.</i>
2. Have the child blow his or her nose to clear it. For infants and toddlers, you can use a bulb syringe to clear both nostrils.	<i>Clearing the nose of mucous allows the medicine to get into the nose easier.</i>
3. Shake container.	
4. If this is the first time that this medication is used, it needs to be primed. To do this, press down and release the pump 3 to 4 times or until a fine spray comes out.	<i>Priming the medication before you use it helps your child get the right dose.</i>
5. Have your child sit up or hold your child's head upright. Tilt your child's head slightly forward. Press one finger against the side of your child's nose to close one nostril.	<i>Proper positioning will help prevent the medication from being swallowed or running down the back of your child's throat. This allows the maximum amount of medication to get into the nostril.</i>
6. Put the tip of bottle into one nostril. Squeeze the bottle while your child breathes in through his or her nose. Try to aim the spray toward the side of the nose, away from the centre of the nose.	<i>Aiming the nasal spray away from the center of the nose delivers the medication to the inflamed areas and also decreases the risk of nose bleeds.</i>
7. Ask your child to try and hold their breath for a few seconds and then breathe out through their mouth. You may want to tell your child to watch you and do it together.	<i>Gives a chance for the medicine to be absorbed.</i>
8. Repeat with the other nostril.	<i>Medicine is given to both nostrils.</i>
9. Ask your child not to their blow nose and not to sneeze right after the nasal spray has been given.	<i>Gives a chance for the medicine to be absorbed.</i>
10. Wipe the bottle tip with a clean tissue and replace cap. Check the medication instructions for cleaning tips.	<i>Reduces the spread of infection.</i>
11. Wash hands.	<i>Good hand washing reduces the spread of infection.</i>

Developed by the professionals of the Division of Pediatric Otolaryngology (ENT - Ear, Nose & Throat), Division of Allergy & Immunology, and Asthma Educators with help from the Department of Learning & Development