

How to Give Nose Drops



ENT Department

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How to Give Nose Drops	Reasons Why
<p>Wash Hands</p>	<p><i>Good hand washing reduces the spread of infection.</i></p>
<p>Have the child blow his or her nose to clear it. For infants and toddlers use a bulb syringe to clear the nose if needed.</p> <p>Note: Make sure there are no reasons why the child should not blow his or her nose. Examples of reasons a child should not blow his or her nose would be if there was increased intracranial pressure or face trauma.</p>	<p><i>Clearing the nose of mucus and secretions allows the medicine to get into the nose easier and be absorbed better.</i></p>
<p>Shake container. Put the end of the dropper into the medicine and squeeze the bulb. This pulls the medicine into the dropper.</p>	
<p>Place a pillow under the child's neck and shoulders. Help the child tilt his or her head over the back edge of the pillow.</p>	<p><i>This position makes it easier to get the drops in the nose. It also decreases any unpleasant feelings for this child when the drops are given.</i></p>
<p>Hold the dropper 1 cm or ½ inch above nostrils. Put in the prescribed number of drops one side at a time or to affected side only. Direct the drops away from center of nose. Ask the child to breathe through their mouth.</p> <p>Helpful tip: Use the right hand to put in drops to the left nostril and the left hand to put in drops to the right nostril.</p> 	<p><i>Holding the dropper above nostrils helps keep it clean.</i></p> <p><i>Directing drops away from the centre of the nose decreases the risk of nose bleeds..</i></p> <p><i>By using the opposite hand to put in the nose drops, it helps with directing the drops away from the centre of the nose.</i></p>
<p>Have the child keep his or her head tilted back for 3 to 5 minutes. For an infant or small child hold him or her in that position as long as they can.</p>	<p><i>Aids in optimal absorption of the medication and prevents leakage of the medication from the nostrils.</i></p>
<p>Wipe any extra medication from patient's nose and face with a tissue. Tell the child not to blow his or her nose for 2 to 3 minutes.</p>	<p><i>Gives a chance for the medication to be absorbed.</i></p>
<p>Tell your child to spit out any medication that drains into the throat or mouth.</p>	<p><i>Decreases amount of medication that goes down the back of the throat into the stomach.</i></p>
<p>Wash hands.</p>	<p><i>Good hand washing reduces the spread of infection.</i></p>

Developed by the professionals of the ENT Department with help from the Department of Learning & Development

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