

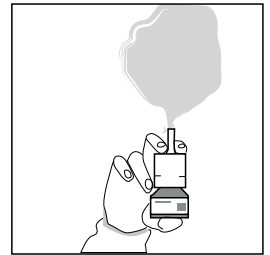
# How to use your Flonase® nasal spray

## Prime the pump unit

You'll need to prime your pump unit before taking your dose if:

- You've never used it before.
- You haven't used it for 7 days or more.

1. Shake the bottle gently.
  2. Remove the cover.
  3. Put a finger on either side of the spray tip. Place your thumb underneath the bottle.
  4. Point the spray tip away from you.
  5. Press down and release the pump **6** times until a fine spray appears.
- Now your pump is ready to use.

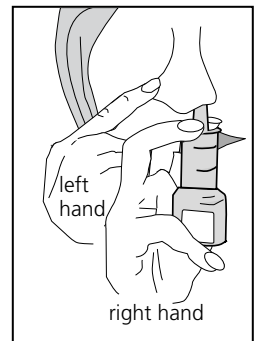


## Prepare to take your dose

1. Gently blow your nose.
2. Remove the cap from the bottle.
3. Put a finger on either side of the spray tip. Place your thumb underneath the bottle.
4. Keep the bottle upright.

## Inhale your dose

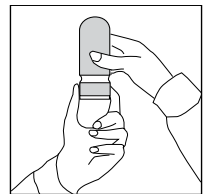
1. Put the spray tip into 1 of your nostrils. Use the finger of your other hand to close off your other nostril.
2. Bend your head forward.
3. Start to breathe in through your nose. At the same time press down firmly **1** time on the spray tip. Use your fingers to spray while your thumb keeps the bottle steady.
4. Breathe in gently through your nose. Breathe out through your mouth.
5. If you need to take 2 doses, pump the spray into that nostril again.



**Repeat steps 1 - 5 for your other nostril.**

## After your dose

1. Wipe the spray tip with a clean tissue before replacing the cap on the bottle.
2. Keep the bottle covered when you're not using it.



## Important tips

- Never use more than 2 sprays in each nostril per day.
- If the spray tip gets clogged, don't use anything pointed or sharp to try to clear it.
- Clean the spray tip at least once a week. Take off the cover and gently pull up on the spray tip to remove it from the bottle. Wash the tip and the cover in warm water. If the tip gets clogged, soak it in warm water. Air dry the tip and cap before putting them back on the bottle.