

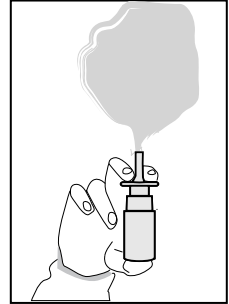
How to use your Nasarel® nasal spray

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 **5** days or more.
- You've taken it apart for cleaning.

1. Remove the cap from the bottle.
2. Put 2 fingers on the shoulder of the bottle and your thumb on the bottom.
3. Point the tip of the bottle away from your face.
4. Hold the bottle tightly. Using your thumb, push firmly and quickly until a fine spray or mist appears. This usually takes about 5 – 6 quick pushes.
Now your pump is ready to use.

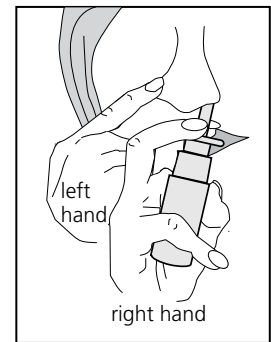


Prepare to take your dose

1. Gently blow your nose.
2. Remove the cap from the bottle.
3. Put 2 fingers on the shoulder of the bottle and your thumb on the bottom.

Inhale your dose

1. Place the spray tip into 1 of your nostrils. Be careful not to put the tip too far into your nose.
2. Use the finger of your other hand to close off your other nostril. Bend your head forward.
3. Pump the spray into your nose by pushing the bottle firmly and quickly with your thumb. Sniff in gently at the same time.
4. If you need to take 2 doses, pump the spray into that nostril again.
5. Remove the tip of the bottle from your nose.
6. Bend your head back for a few seconds to let the spray spread to the back of your nose.



Repeat steps 1 – 6 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

- If a stream of liquid comes out when you're priming your pump, keep pumping until a fine mist appears. This ensures that you'll get the most benefit from your medicine.
- If your pump gets clogged, don't use anything sharp or pointed to clear it.
- Clean your pump by unscrewing the pump unit from the bottle. Soak only the pump unit in warm water. Squirt the pump unit several times while holding it under water. Be sure the unit is dry before putting it back into the bottle. Prime your pump before taking your dose.
- Adults should never take more than **8** sprays in each nostril per day.