

Steroid Nasal Spray Patient Information Leaflet

Sonning Common Health Centre



You have been sent this guide as you have recently been recommended or prescribed a steroid nasal spray. Steroid nasal sprays are medicines used to reduce inflammation, swelling and mucous, and are delivered via a spray into the nose. Some are available to purchase over the counter and others require a prescription. This guide explains how to get the most out of your treatment.

Common uses:

- Hay fever
- Rhinosinusitis
- Nasal polyps
- Nasal congestion

Common steroid nasal sprays:

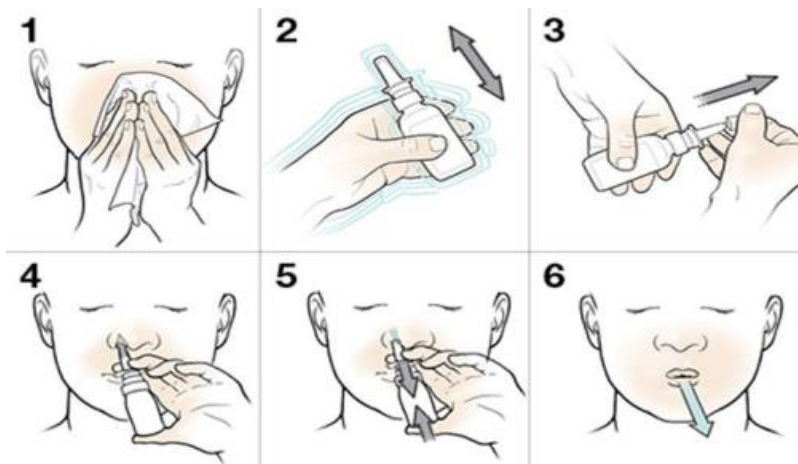
- Beclometasone -Beconase
- Mometasone - Nasonex
- Fluticasone- Flixonase
- Budesonide

How to use the steroid nasal spray

It's important to get the technique right to maximise the effectiveness of your spray. To understand the technique you can watch a video at the following link, or follow the instructions below.

[How to use nasal spray | Asthma + Lung UK \(asthmaandlung.org.uk\)](http://asthmaandlung.org.uk)

1. Gently blow your nose
2. Shake the bottle well
3. Take off the cap. If this is your first time using this spray you will need to prime it by pumping the spray while pointing it away from your face until a fine mist is expelled
4. Tilt your head forward and put the nozzle into a nostril pointing slightly outwards.
5. Press the bottle and deliver 1-2 sprays as directed, breathing in slowly through your nose as the sprays are delivered. You must avoid sniffing, if you can taste the medicine or feel it at the back of your throat this is a sign that you are breathing in too hard.
6. Breath out through your mouth
7. Repeat steps 4-6 in the other nostril
8. Wipe the tip of nozzle and replace the cap.



General Tips:

- Steroid sprays typically take at least a few weeks to start having a significant effect, reviewing their effectiveness should be done after a minimum of four weeks.
- Continuous use is required to improve symptoms.
- If your nose is very blocked this may reduce the effectiveness of the steroid spray. Using a salt-water nasal spray (such as Sterimar), and blow your nose well before using your steroid spray may help
- If you are using this for hay fever it's best to start using it daily at least 2 weeks before you expect to start having symptoms, and continue through the hay fever season.

