

# Step-by-Step: Using Nasal Spray

Using Nasal Spray. Blow your nose to empty your sinuses as much as you can. Shake the bottle of nasal spray up and down several times. Remove the cap from the top of the nasal spray.

Place the tip of the nasal spray bottle into one of your nostrils. Press down on the bottle to send the nasal spray into your nostril. Breathe in through your nose.

Place the tip of the nasal spray bottle into your other nostril. Press down on the bottle to send the nasal spray into your nostril.

Breathe in through your nose. Clean off the tip of the nasal spray bottle. Place the cap back on the top of the bottle.

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