

Step by Step: How to Use Epinephrine Nasal Spray

Here's how to use an epinephrine nasal spray for an allergic reaction.

1. Pull open the package to take out the epinephrine nasal spray.
2. Without pushing or pulling on the plunger, hold the spray with your thumb on the plunger.

Place a finger on each side of the nozzle.

3. Put the nozzle into a nostril until your fingers touch your nose.

Be sure to keep the nozzle straight and pointed up toward your forehead.

4. Use your thumb to press the plunger until it sprays liquid into the nostril.

Be careful not to sniff during or after you spray.

5. After using the spray, call 911.

6. If after 5 minutes, your symptoms are worse or come back, repeat these steps in the same nostril using a second nasal spray device.

Each device contains only one dose. Always carry two nasal spray devices in case you need two doses.