

Here's Help: How to Use Nasal Spray or Drops for Your Child

Here's how to use nasal spray or drops for your child.

Make sure you have the correct medicine for your child.

It's not okay to share.

Be sure to read, understand, and follow the directions exactly.

Nasal sprays and drops are given differently.

Let's talk about the spray first.

We'll talk about the drops in a minute.

First, you may need to prime the sprayer.

Just follow the directions on the label.

Ask your child to blow their nose.

This helps clear out the nostrils.

Your child can lie down or stand and look straight ahead.

There's no need to tip their head back.

Put the nozzle into the nose... right at the entrance.

Now, try to aim the nozzle toward the outer wall of the nostril.

This helps keep the medicine from irritating the inner walls of the nose.

Have your child gently sniff—not snort—the medicine as you spray.

Sniffing sends the medicine where it's needed, so it can get to work.

If the directions say so, do the same thing for the other nostril.

Follow the label's directions for cleaning the nozzle.

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Try not to let your child blow their nose for at least 10 minutes.

Now here's how to use nasal drops.

Make sure you have the correct medicine.

It's not okay to share.

Be sure to read, understand, and follow the directions.

Have your child sit or stand with their head slightly tipped back.

Put the tip of the dropper, bulb syringe, or bottle a little way into one nostril.

Gently drip or squirt a few drops into the nostril.

If the directions say so, do it again in the other nostril.

Wipe the dropper with a clean cloth or tissue after each use.

That's it.

You're done.

Remember, when you're relaxed and calm, your child will be more relaxed too.

And if you have any questions, you can always call your doctor or pharmacist.