

How to use your nose drops

Information for patients

This leaflet gives general advice to patients and relatives about how to use nose drops.

Because we treat every patient as an individual, different treatments may be needed in your case. This is only a brief guide, more detailed explanations will be given by hospital staff. **It is very important that you read the manufacturers instructions before using your nose drops.**

How to use nose drops

Your drops will shrink polyps and swollen tissue in your nose. The important area to reach is high up, between your eyes. This is where the sinuses open and where polyps grow from.

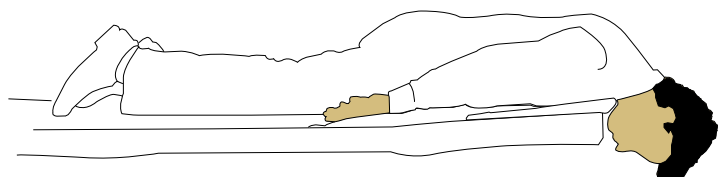
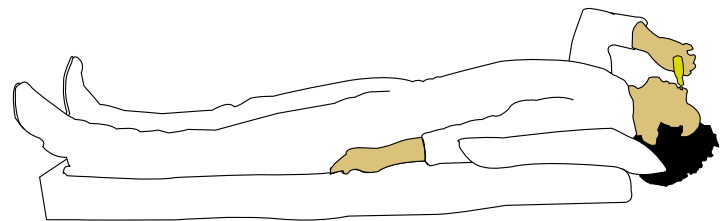
Follow these instructions to make sure the drops get to the affected area.

1. Take them with your head down and forward.
2. After using the nose drops, keep your head down for at least one minute.



Alternative method

1. Lay on your back and apply the drops to each nostril.
2. After instilling the drops immediately roll over into a head down position. Stay in this position for **at least** one minute.
3. Repeat as directed.



Useful information

- These drops are meant to be used regularly.
- The effect is gradual, and it may be two or three weeks before you notice any improvement.
- **If you are unsure about anything, please speak to the member of staff responsible for your care.**

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation