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Introduction:

Nasal drops are prescribed to treat inflammation in the nose and sinuses, often when symptoms are more severe. This leaflet explains how to use your nasal drops correctly to ensure the medication reaches the right areas and to minimize side effects.

Types of Nasal Drops:

There are two main types of steroid nasal drops:

- **Fluticasone drops (e.g., Flixonase Nasules):** These usually come in single-use plastic vials. They are often used for longer-term control of inflammation.
- **Betamethasone drops (e.g., Betnesol, Vistamethasone):** These come in a bottle. They are very effective but are usually used for shorter periods due to higher absorption into the bloodstream.

Important Note: Nasal steroid drops are different from decongestant drops (like Otrivine). Decongestant drops should only be used for a very short time.

Are Nasal Steroid Drops Safe?

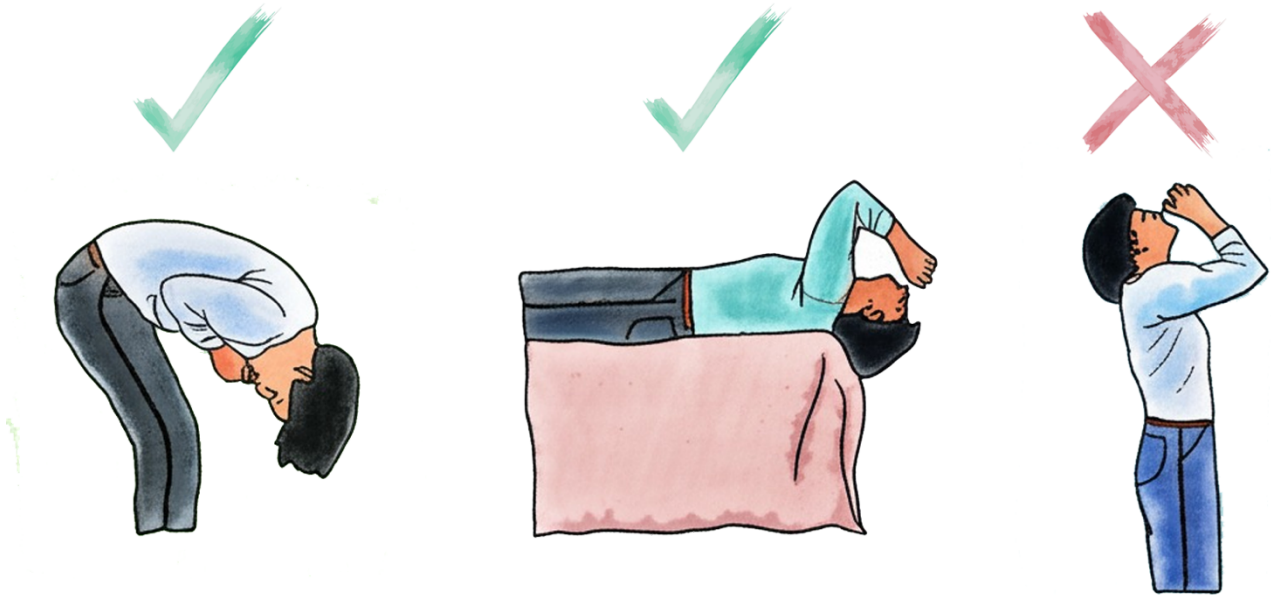
Fluticasone nasal drops are generally considered very safe, even with long-term use, as very little is absorbed into the bloodstream. Betamethasone drops are safe for short-term use (usually four weeks or less). Your doctor will advise on the appropriate duration for your specific drops.

A very small number of medications may interact with nasal steroid drops. It is important that you tell your prescribing doctor or pharmacist all medications that you take, including any over the counter or herbal remedies.



Administration Techniques:

There are two main positions for using nasal drops: **Head-Back Position (Recommended for most people)** or **Leaning Forward Position**



1. **Prepare:** Wash your hands and gently blow your nose. If using a nasal rinse (douche), do this about 20 minutes *before* using the drops.
2. **Position:** Lie on your back on a bed with your head hanging over the edge. Alternatively, place two pillows under your shoulders to achieve a similar head-down position.
3. **Apply Drops:** Carefully insert the prescribed number of drops into each nostril. (For Flixonase Nasules, usually 3-4 drops per nostril).
4. **Breathe:** Breathe gently through your nose. *Do not sniff hard.*
5. **Remain:** Stay in this position for 1-2 minutes.
6. **Repeat:** Repeat for the other nostril if needed.

General Advice for Nasal Drops:

- **Consistency:** Use your nasal drops regularly, as prescribed by your doctor.
- **Time to Work:** It may take a few weeks to notice the full benefit.
- **Dryness:** Some people find their nose feels a little dry. This is usually not a significant problem.
- If you need to administer two drops into each nostril, repeat the above steps.
- Once you have finished, wipe the nozzle/dropper so that it is clean, and put the cap back on.

Troubleshooting:

- **Nosebleeds:** If you experience nosebleeds, contact your doctor.
- **Unpleasant Taste:** If you experience an unpleasant taste, this is normal.
- **Storage:** Store your nasal drops according to the instructions on the label. Many need to be discarded one month after opening.

When to Contact Your Doctor:

- If you experience persistent nosebleeds.
- If your symptoms don't improve after the prescribed course of treatment.
- If you have any concerns about using your nasal drops.
- If you are taking other medication, check with your prescribing doctor or pharmacist to ensure there are no interactions.