



**1.**

Gently blow your nose to clear your nostrils.



**2.**

Remove the clear cap from the spray bottle.



**3.**

Before your first use or if you haven't used the medication in a while, you'll need to prime the bottle. To do this, press down on the nozzle and spray into the air away from yourself and others until a fine mist appears. This helps to ensure the medication is ready to dispense properly.



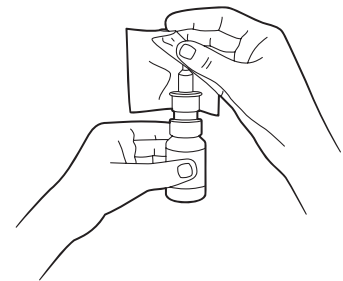
**4.**

Using one finger to close one nostril, gently insert the tip of nasal spray pump into your other nostril, aiming towards the back of your head. Do not aim toward your septum, which is the wall of tissue that separates the two sides of your nose.



**5.**

While gently inhaling through your nose, press down on the nozzle to dispense the prescribed number of sprays. If the dose requires multiple sprays, repeat this step again. Try not to sneeze or blow your nose immediately after administering the medication.



**6.**

Wipe the nozzle with a clean tissue and replace the cap on the nozzle. Store the bottle upright.