

## Day Surgery Unit

# How to use nose drops

### What are nose drops?

Nose drops are a solution or suspension of medicine. They are used to produce a local effect directly in the nose.

### How to use nose drops

- Wash your hands.
- The aim is to get the liquid to spread over all the inside surface of the nose, including the upper surface.
- Drop the required number of drops into each nostril.
- A good position is to lie on a bed with your head hanging back over the edge. Stay like this for two minutes after putting in the drops before getting up. This is so the liquid does not immediately run out of your nose or down the back of your throat but stays for a while in the nose cavity.



- Kneeling or bending forward is an alternative, but it is harder to stay like this for two minutes after putting in the drops.



- Do not put in nose drops by tilting your head back when standing or sitting. The upper surface inside your nose will not be covered by the liquid.

## Other useful advice

- Some people find it easier to have someone else put their nose drops in for them.
- Some nose drops can give an unpleasant taste as they drain into the back of the throat. A drink of water or other liquid will take this taste away.
- Do not share nose drops with other people.
- Ask a pharmacist/ doctor or nurse for advice before starting a new type of nose drop, or if you use nose drops long term. Do not use nose drops more often or for longer than advised.
- **Storage:** Store your nose drops in a cool, dry place.
- **Expiry:** Never use your nose drops after the expiry date. Follow the printed instructions given with your drops. Write the date you open your nose drops on the bottle so you know when it is time to throw it out.
- Always keep medicines out of reach of children.

## Further information

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|-----------------------------------|--------------|
| 1. Addenbrooke's Day Surgery Unit | 01223 256330 |
| 2. Ely Day Surgery Unit           | 01223 652279 |
| 3. Your Consultant's registrar    | 01223 245151 |
| 4. Department of Otolaryngology   | 01223 216486 |
| 5. Your General Practitioner (GP) |              |



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## Help with this leaflet:



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## Document history

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