

Instructions for SinuSpray use:

1) Your spray unit must be primed prior to the first use. Place first two fingers on the "shoulders" of the bottle. Push FIRMLY and QUICKLY for a full-stroke actuation, a fine mist/spray appears normally 1 pump and your spray is primed and ready for use. (see fig. 1)



Fig. 1

2) If you wish to *clear your nose, always do so before medicating with SinuSpray. (see fig. 2)



Fig.2

3) Place the spray tip into the nostril (the spray tip should not reach too far into the nostril). LEAN HEAD FORWARD and aim spray tip toward the back of the nose. (see fig. 3)



Fig. 3

4) Point spray tip towards back of nostril. Close/pinch the other nostril. Pump spray FIRMLY and QUICKLY for a full-stroke actuation, inhale gently at the same time. (see fig. 4)

5) Repeat if label instructs you to treat both nostrils.



Fig. 4

*******Avoid blowing your nose for 15 minutes after dosing*******

Follow storage instructions found on your label.

Avoid excessive heat.

Pharmacist is available 24 hours a day 888.273.9820

Nasal Irrigation

Your Doctor has prescribed a Nasal Irrigation and may have instructed you with a particular method to administer it. If so, follow your doctors' directions.

If no instructions were given, please consider the following:

- 1) Fill the cap of your irrigation bottle with the medication inside (approximately 20ml).
- 2) Using the syringe included in your shipment draw up 16ml from the cap into the syringe.
- 3) While standing over a sink gently insert the syringe tip into your nostril.
- 4) Tilt your head forward and pinch off the opposite nostril that you are not irrigating and gently and smoothly squeeze the syringe until all the medication has gone into in your nostril.
- 5) If your Doctor has ordered administration into both nostrils, repeat steps 1-2-3-4 with the other nostril.

Please store your medication as labeled. If you have any questions please contact HomeCare Solutions Pharmacy at 888-273-9820.

Instructions for Multiple SinuSprays and or Irrigations:

Two Nasal SinuSprays:

Please wait 15 seconds between sprays to reduce any washout effect. If Dexamethasone has been prescribed as one of your medications, always use this anti-inflammatory and anti-allergic agent first wait 10 minutes before applying the second SinuSpray medication.

Regardless of the order you medicate, always wait 10 minutes between applications.

One Nasal SinuSpray and One Irrigation:

Always apply the irrigation first, as it will help open the sinuses and help improve the effect of the SinuSpray.

Wait 20 minutes before you begin to apply a different medication and or SinuSpray.

Three SinuSprays:

If Dexamethasone has been prescribed as one of your medications, always use this anti-inflammatory and anti-allergic agent first, wait 10 minutes before applying the second SinuSpray medication.

Two SinuSprays and One Irrigation:

If Dexamethasone has been prescribed as one of your medications, always use this anti-inflammatory and anti-allergic agent first. Wait 10 minutes apply the second SinuSpray medication, wait 60 minutes and then apply the irrigation.

If Dexamethasone is NOT part of your prescription, first apply the irrigation, wait 60 minutes

Then apply the remaining SinuSprays with at a minimum of 10 minutes between applications

Two Irrigations:

Apply either irrigation,(the order of application is irrelevant) one at a time and wait 60 minutes before applying the remaining irrigation medications.

Follow storage instructions. Avoid excessive heat.

☺ **Pharmacist available for consultation 24 hours a day 888.273.9820 ☺**

Farmacéutico disponible las 24 horas

Preparación y Uso de SinuSpray:

Primero

Antes de usar su medicina asegúrese que el pulverizador este funcionando apropiadamente. Con la botella en posición vertical, coloque la boquilla entre los dedos índice y medio (ver foto). Presione la botella con el dedo pulgar, con una pulsación FIRME y RAPIDA hasta que obtenga un pulverización delicada (2 pulsaciones). Ahora su pulverizador esta listo para usarse.



Segundo

Para obtener una pulverización delicada la pulsación debe ser firme y rápida.



Tercero

Delicadamente sonarse la nariz para limpiarse las fosas nasales, si acaso es necesario.



Cuarto

Sostenga el pulverizador firmemente con los dedos índice y medio, con el pulgar sostenga la parte de abajo de la botella (ver foto). Apoyando el dedo índice en la parte superior de la boca, **tenga cuidado de que los dedos no resbalen mientras esta aplicando su medicina.**

Quinto

Introduzca la punta de el pulverizador en la primera fosa nasal (no introducirla profundamente en la nariz).

Sexto

Para aplicar la medicina agachar la cabeza hacia adelante (ver foto), luego mover la cabeza hacia atrás para que la medicina corra hacia la parte de atrás de la nariz. Para la segunda fosa nasal seguir los pasos anteriores pero cerrar la otra fosa nasal utilizando los dedos de la otra mano (ver foto), asegurarse de pulsar rápida y firmemente el pulverizador y al mismo tiempo aspire suavemente. Repita este procedimiento con la otra fosa nasal.



Séptimo

Repita los pasos 4,5, y 6, si su doctor le prescribió más de una dosis en cada fosa nasal

Octavo

Evitar sonarse la nariz por 15 minutos después de la aplicación de la medicina.



Guarde la medicina de acuerdo a las instrucciones incluidas. Evite el calor excesivo.