

Precautions 注意事項

- Use the nasal spray as directed by your Doctor
請依照醫生指示使用噴鼻劑
- Do not share your nasal spray with others to avoid cross contamination
為防止交叉感染，不要與他人共用噴鼻劑

For Interest in Information & Usage
Instruction for Other Medications
如對其他藥物的資料及指引有興趣

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Disclaimer 免責聲明

The above information provided are for reference only.
Please consult your doctor or pharmacy staff if you
have any queries.

此資訊只供參考之用。如有任何疑問，請向主診醫生
或藥房職員查詢。

Contact 聯絡

Pharmacy hotline 藥物查詢熱線：2339 8964

Web: <https://www.hkbh.org.hk>

HOW TO USE NASAL SPRAY 噴鼻劑的使用方法



香港浸信會醫院
Hong Kong Baptist Hospital

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Pharmacy Department 2021

*Hong Kong Baptist Hospital
Pharmacy Department*

Steps on using the nasal spray: 使用噴鼻劑的方法：



If the nasal spray is being used for the first time, or has not been used for a week or more, test by spraying into the air until the jet appears as a fine mist.

第一次使用前，或一星期以上沒有使用噴鼻劑，須充分搖勻藥瓶並向空中試噴，直至出現微細均勻的噴霧。



- ▼ Gently blow your nose so that nostrils are clear before using the nasal spray
在使用噴鼻劑前擤清鼻腔

- ▼ Wash your hands with soap and water
用肥皂清潔雙手



- ▼ Shake the nasal spray first and then remove the cap
先把噴鼻劑搖勻，然後打開瓶蓋

- ▼ Tilt head slightly forward. Keep the bottle upright
頭稍向前傾並保持藥瓶垂直



- ▼ Close one nostril by gently pressing against the side of nose with finger. Insert the nozzle of the nasal spray into the other nostril. Point the nozzle toward the outer side of the nostril, away from the centre ridge of the nose

用手指輕輕按著一邊鼻孔，將噴咀放進另一邊鼻孔，指向鼻孔外側，遠離鼻中隔

- ▼ Spray one dose into the nostril.

At the same time, breathe in slowly through your nostril
用手指按壓噴鼻劑一次，同時用鼻慢慢吸氣



- ▼ Remove the nozzle of the nasal spray from the nostril and breathe out through mouth. Repeat if a second dose is required

拿出噴咀，然後用口呼氣，如須第二噴，請重複步驟



- ▼ Repeat for the other nostril
在另一邊鼻孔重複整個程序



- ◆ Wipe the nozzle of the nasal spray with clean tissue. Cap the bottle after use

使用後，用清潔的紙巾抹乾噴咀，蓋回瓶蓋



You may experience an unpleasant taste in your mouth after using the spray. Take a glass of water to rinse it if this happens.
使用噴鼻劑後，口腔有機會留下味道。如有這情況，可用清水漱口。