

Precautions 注意事項

- Use the nasal drop as directed by your Doctor
請依照醫生指示使用滴鼻劑
- Do not share your nasal drop with others to avoid cross contamination
為防止交叉感染，不要與他人共用滴鼻劑
- You may experience an unpleasant taste in your mouth after using the drop. Take a glass of water to rinse it if this happens.
使用滴鼻劑後，口腔有機會留下味道。如有這情況，可用清水漱口。

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

Please scan the QR code
請掃描二維碼



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 DROP 滴鼻劑的使用方法



香港浸信會醫院
Hong Kong Baptist Hospital

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Pharmacy Department 2021

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Steps on using the nasal drop: 使用滴鼻劑 的方法：



* Ask a family member or someone else to instill the nasal drop(s) for you if necessary.

如有需要，請讓家人或其他人協助使用滴鼻劑。



▼ Gently blow your nose so that nostrils are clear before using the nasal drops.
在使用滴鼻劑前擤清鼻腔

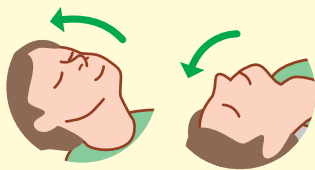
▼ Wash your hands with soap and water
用肥皂清潔雙手



▼ Take the cap off the bottle.
打開瓶蓋

▼ Either sit on a chair and bend the head backwards, or lie down on a bed with a pillow put under the upper back so that the head is tilted backwards.

坐在椅上，將頭仰後靠著椅背；或躺在床上，放枕頭在肩背下，令頭仰後



▼ Care should be taken when pointing the dropper tip at the nostril. Instill the required number of drop(s) into nostril. Contact between the dropper and nostril should be avoided to prevent contamination.

小心將滴咀對準鼻孔，將所需的藥水滴入鼻孔及避免接觸滴咀，以保持滴咀清潔

▼ Keep the head tilted backwards for approximately 2 minutes to allow the drop(s) to drain into the back of the nose
讓頭部保持後仰約 2 分鐘，使藥水流入鼻內



▼ Do not wash the tip of the dropper. Re-cap the nasal drop after use.
不要沖洗滴咀，使用後蓋回瓶蓋

▼ Repeat for the other nostril if required.
如有需要，可在另一邊鼻孔重複整個程序

Try not to sneeze or blow your nose straight away after using the nasal drop(s)

使用滴鼻劑後，儘量避免立刻打噴嚏或擤鼻