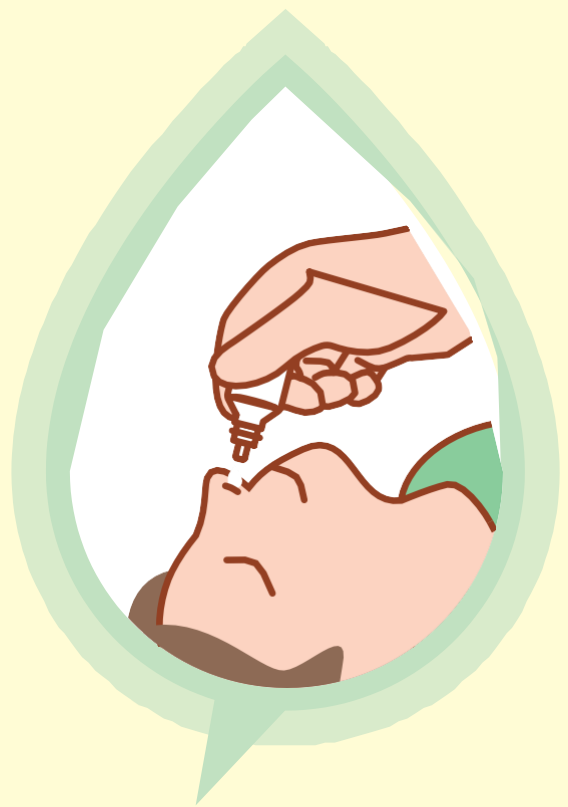


Precautions 注意事項

- 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 drops. Take a glass of water to rinse if necessary.
使用滴鼻劑後，口腔有機會留下味道。如有需要，可用清水漱口。

Please scan the QR code for Information & Instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃描二維碼。



Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for 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

Drug information hotline 藥物查詢熱線: 2339 8964
Website: <https://www.hkbh.org.hk>

HOW TO USE NASAL DROPS

滴鼻劑的使用方法



香港浸信會醫院
Hong Kong Baptist Hospital

Pharmacy Department

藥劑部

Step of using nasal drops: 使用滴鼻劑的 正確步驟:



- 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。



- Point the dropper tip at the nostril carefully. Instill the required number of drop(s) into nostril. Contact between the dropper and nostril should be avoided to prevent contamination.



小心地將滴咀對準鼻孔，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。

Seek assistance from others to instill the nasal drop(s) if necessary.
如有需要，請他人協助使用滴鼻劑。

Try not to sneeze or blow your nose straight away after using the nasal drops.
使用滴鼻後，儘量避免立刻打噴嚏或擤鼻。