

## 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,不要與他人用噴鼻劑。

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如欲索取其他藥物  
資料及指引，請掃  
瞄二維碼



### Disclaimer 免責聲明

The above information provided is 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

Drug information hotline 藥物查詢熱線: 2339 8964

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

HOW TO USE  
NASAL SPRAY  
噴鼻劑的使用方法

## Steps of using nasal spray:

使用噴鼻劑的  
正確步驟:



If the nasal spray is being used for the first time, or has not been used for a week or more, test it 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 necessary.

使用噴鼻劑後，口腔有機會留下味道。如有需要，可用清水漱口。