

# NASAL STEROID

## SPRAY



**BLOW YOUR NOSE**



**SHAKE & REMOVE CAP**



**PRIME**



**PRESS DOWN AS YOU BREATHE IN**



**BREATHE OUT**



**REPEAT**

**STEPS  
4&5**

**In other nostril**

**REMINDER**

## IMPORTANT INFORMATION

**Expired?:** Check the expiry date on the label.

**Reminders:** Wipe the spray tip and replace the cap after use.  
Store at room temperature, away from direct light.  
This medicine works best if taken daily for several weeks when needed.  
Always take medicine as prescribed by your doctor.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service and the COPD & Asthma Network of Alberta.

**For more information on asthma medications and device demos, visit:**

**[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)**