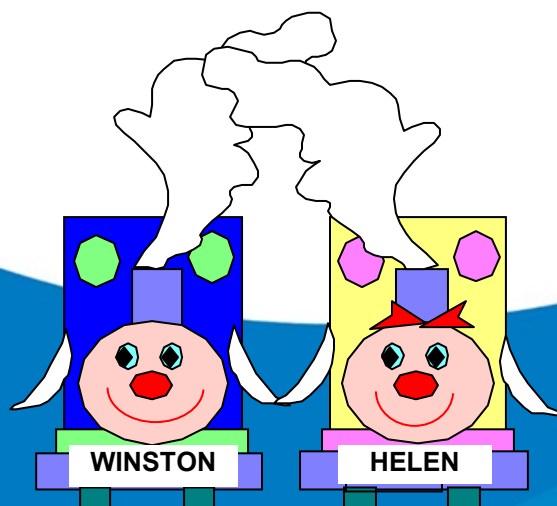


# Steroid Nasal Spray

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.



## What is a Steroid Nasal Spray?

A steroid nasal spray is commonly used to treat allergies of the nose such as Allergic Rhinitis (Hay fever). Steroid sprays reduce inflammation inside the nose, and usually work well if used correctly. There are different brands available, common nasal steroid sprays used include:

Flixonase	Avamys
Nasonex	Beconase
Rhinocort	Dymista

The doctor or nurse in charge of your care will choose the most appropriate nasal spray for your condition.

## Benefits and risks of nasal sprays

- It takes several days for the steroid spray to build up to its full effect; therefore be patient to ensure you achieve its best effect. The main action is to reduce the inflammation and in turn this reduces the nasal blockage/congestion.
- If used for hay fever; start using the nasal spray two weeks prior to the hay fever season.
- Once symptoms have settled you should reduce the frequency of the medication to maintain control.
- Your doctor or nurse may give you a set regime to follow i.e. 2 sprays up each nostril for 2 weeks then reduce to one spray each nostril thereafter.
- The aim is to control your symptoms on the lowest dose of medication.
- An occasional forgotten dose should not usually cause any problems. However, if you have persistent rhinitis you will need to take the medication on a long term basis.
- Long term use of a steroid nasal spray is safe but caution should be taken if you are also taking steroid inhalers for Asthma as the daily dose of steroids may be high. Your doctor or nurse should monitor the total steroid dose.
- If unsure about any aspect of your treatment ask your doctor or nurse for further information and advice.
- Occasionally the nasal spray may cause some crusting or bleeding inside the nostril. If this occurs check you are using the spray correctly and stop using it for a few days until the problem settles down.
- It is important that you read the drug information leaflet which can be found in the packet.

## What if I have a runny, itchy nose?

- A runny, itchy nose with hay fever (allergic rhinitis) is a common symptom.
- You may need to take non drowsy antihistamine such as Zirtek, Cetirizine, Neoclarityn or Levocetirizine as well as your nasal steroid spray. The antihistamine will help dry the secretions up and alleviate the irritation. Antihistamines are very safe.
- Decongestants such as Sudafed are not usually advised as these do clear the congestion initially but then you most likely will experience a rebound of symptoms and more severe congestion may occur. If they are used please do not use them for more than one week. (Decongestants are not usually licenced for children under 6 and caution should be taken with children aged 6-12years but this will be discussed with you by your child's doctor or nurse).

## How to use a nasal spray?

- Blow your nose and wash your hands
- Shake the bottle
- Tilt your head slightly forward
- Hold the spray in your left hand
- Insert tip of bottle into the right nostril
- Close the other nostril if possible with the other hand
- Apply one spray
- Breathe normally (a nice slow deep breath)
- **Do not sniff hard**
- Aim the spray towards the middle or side of the nostril and insert the tip as far as comfortable
- The spray should go to the back of your nose
- Change hands i.e. right hand to spray into left nostril and repeat the procedure
- Wipe the tip of the nasal spray and replace the cap ready for the next time it is to be used.

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard.

The secretaries are available Monday to Friday, 9.00 am to 5.00 pm

If you need to contact the department outside of these hours, please phone either:

Ward 3F	0151 430 1616
Ward 4F	0151 430 1791

Whiston Hospital  
Warrington Road,  
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