

# Topical Corticosteroid Nasal Spray

Department



The prevention of infection is a priority in all healthcare settings and everyone has a part to play.

- Please decontaminate your hands frequently using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, a cough or other respiratory symptoms, a temperature or an unexplained rash which could be infectious please do not visit the hospital or any other care facility. If your visit is essential then phone ahead to the department that you are visiting
- If you are unwell seek advice from 111 or your GP if required
- Help us to keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## What is a topical corticosteroid nasal spray used for?

You or your child may be prescribed a topical corticosteroid nasal spray to help you if you have seasonal allergic rhinitis which may be caused by tree pollen or grass pollen, or if you/your child have perennial rhinitis which may be caused by house dust mite sensitivity. Rhinitis caused by house dust mite sensitivity, may cause more long-term symptoms and require treatment for longer periods. If you have seasonal symptoms, you may only need to use your nasal spray during certain seasons throughout the year, your doctor will explain this to you.

## How does it work?

Topical corticosteroid nasal sprays will work by reducing redness, inflammation and mucus within your nose. This type of medication may take 2 weeks to work, therefore, it is important to start your treatment before your symptoms start if you have seasonal allergic rhinitis. By doing so, this should give the medication time to work before the allergen is in the air. It has been shown that nasal douching (cleaning the nostrils with a saline solution) before you administer your nasal spray, can help this work better. Speak to your doctor before starting nasal douching.

## What topical corticosteroid nasal sprays are available?

There are different nasal sprays available, and you may have a different one to your friend or as you get older. Some nasal sprays may not be as effective for your symptoms; therefore, your doctor may change your nasal spray until you find the right one for you. If you are concerned that the prescribed nasal spray is not working, please contact your doctor.

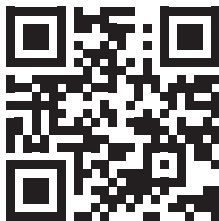
# How do I administer my topical corticosteroid nasal spray?

1. Always wash your hands before each use and shake the bottle before each use.
2. Blow your nose before use.
3. Bend your head forward or bring your chin closer to your chest. **This ensures your throat is closed and allows the spray to reach the correct area of the nose.**
4. Hold the nasal spray in the opposite hand to the nostril you are about to apply the spray to. **This ensures you aim the spray away from the septum, which only has a thin layer of membrane which can be easily damaged.**
5. Using the opposite hand to the nostril that is being treated, place the end of the spray bottle just inside your nostril aiming away from the septum pointing to the ear or the eye. **This will ensure the spray is aimed to the correct part of the nose.**
6. Activate the spray, **do not sniff**. This will ensure that each spray release a set medication dose, **sniffing too hard will mean that you can taste the medication and swallow the medication and it will not be effective.**
7. Change hands and repeat the steps, by using the opposite hand means that the nasal spray bottle continues to be angled away from the septum.

## Helpful information



Rhinitis - BSACI



Allergy UK |  
National Charity



How to use a nasal spray |  
Asthma + Lung UK

## Reference

BSACI

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。