

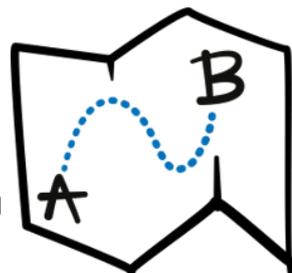


**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## How to use nose drops (Easy Read)

	Blow your nose if you need to
	Wash your hands
	Sit in a chair
	Check how much you need to put into each nostril
	Look upwards towards the ceiling
	Put the ointment, drops or spray in each nostril
	Do not move for a few minutes
	Put the top back on the container





Store the container in a safe place, away from children



Store the container in the fridge if the label says so



If you have any questions, ask your pharmacist

