

How to give your child nose ointment, drops or spray

Instructions

1. Wipe your child's nose and ask him or her to blow his or her nose if needed
2. Wash your hands
3. Get your child into any of these positions to give the nose ointment, drops or spray:
 - Tilt your child's head back
 - Lay your child flat on his or her back
 - Ask someone to hold your child in a safe position
 - Wrap your baby or young child in a light blanket or sheet to keep his or her arms and legs still
4. Shake the bottle or spray
5. Remove the top from the bottle, tube or spray and throw away the plastic seal
6. Give the medicine as follows
 - For nose ointment – squeeze a small amount onto your finger or a cotton bud and gently dab inside the nostril(s)
 - For nose drops – squeeze the bottle and put the prescribed number of drops into the nostril(s)
 - For nose spray – squirt the recommended number of sprays inside your child's nostril(s)
7. Keep your child in this position for a minute or two so the medicine spreads through his or her nose
8. Put the top back on the container
9. Wipe away any excess with a clean tissue

Looking after the nose medicine

- Always check the expiry date of the medicine before giving it to your child
- Keep the container tightly closed in a cool, dark place according to the label
- Read the instructions on the label and only use the drops, ointment or spray in the affected nostril(s). If you are given different medicine for each nostril, make sure you use the correct medicine for each nostril.
- Nose ointment, drops or sprays should not be used longer than stated on the label. If you are giving your child the medicine for a certain number of days, write the date you open the bottle on the label so you will know when to throw it away
- Keep all medicines out of the reach of children

If you have any questions about your child's nose drops, ointment or nasal spray, please ask your family doctor (GP) or local community pharmacist.