

Anti-inflammatory Nasal Sprays

Anti-inflammatory nasal sprays such as fluticasone (Flonase) or Nasarel:

- Give allergy relief by decreasing mucus production and inflammation (swelling) in the lining of the nose.
- Are highly effective for relieving indoor and outdoor allergy symptoms.
- Provide non-drowsy relief.
- Should be used daily for most benefit.
- May take a few days to work (maximum effects are usually seen within a couple weeks).
- Are SAFE for long-term use
 - These sprays work in the nose, not in the blood, so they have very few side effects. The most common side effect is irritation to the nose.
 - Do not exceed the prescribed dosage.



Tips for proper use

1. Shake container gently before each use.
2. If necessary, gently blow nose to clear nasal passages before spraying.
3. Using the opposite hand (i.e. use the left hand to spray the right nostril), place the spray in your nostril and aim towards the outer wall of your nose, NOT the middle divider.
4. Spray into the nostril while keeping your head in a neutral position. Rapidly but gently sniff in as you spray, then breathe out through your mouth slowly.
5. If your nose becomes dry or you have some bleeding, use a saline nose spray BEFORE using the inhaler or spray. Saline nose sprays are available without a prescription at your Kaiser Permanente Pharmacy.

Proper use of the nasal spray will help minimize nose irritation. Talk to your doctor to learn more about allergy medicines delivered in nasal sprays.