

How to use nose drops

Information for patients from the Ear Nose and Throat (ENT) Department

This leaflet gives general advice to patients and relatives about how to use nose drops.

Because we treat every patient as an individual, different treatments may be needed in your case. This is only a brief guide, more detailed explanations will be given by hospital staff. **It is very important that you read the manufacturers instructions before using your nose drops.**

How to use nose drops

Your drops will shrink polyps and swollen tissue in your nose. The important area to reach is high up, between your eyes. This is where the sinuses open and where polyps grow from.

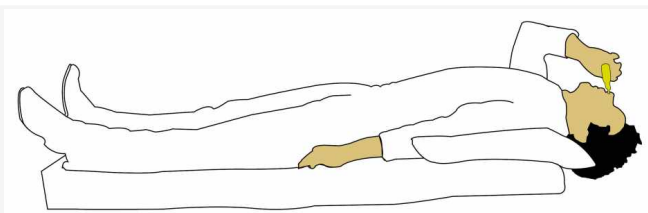
Follow these instructions to make sure the drops get to the affected area.

1. Take them with your head down and forward.
2. After using the nose drops, keep your head down for at least one minute.



Taking nose drops with your head down and forward.

Alternative method



1. Lay on your back and apply the drops to each nostril.



2. After instilling the drops, immediately roll over into a head down position. Stay in this position for at least one minute. Repeat as directed.

Useful information

- These drops are meant to be used regularly.
- The effect is gradual, and it may be two or three weeks before you notice any improvement.
- If you are unsure about anything, please speak to the member of staff responsible for your care.

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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