



**East Kent  
Hospitals University  
NHS Foundation Trust**

# 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.

## How to use nose drops

1. Wash your hands and gently blow your nose.
2. Gently shake the nasal drops. Twist the cap anti-clockwise to remove it. If using a nasule, twist off the top part to open it.
3. Lie on your back, with your head just off the bed. Tilt your head backwards, so that your chin is pointing upward (Figure 1).
4. Breathe normally through your mouth, while putting the prescribed number of drops into each nostril.
5. Lie in this position for 2 minutes after inserting the drops.
6. After inserting the drops into both nostrils, clean the nozzle and replace the cap.

Below are Figures 1, 2, and 3 that illustrate three proper positions for applying nasal drops. You can choose any position that you feel comfortable with. Avoid tilting your head back when standing (as shown in Figure 4) or sitting while putting the drops in your nose.



Figures 1 to 4

## Useful information

- These drops are meant to be used regularly.
- The effect is gradual, and it may be 3 or 3 weeks before you notice any improvement.
- **If you are unsure about anything, please speak to the member of staff responsible for your care.**

### What do you think of this leaflet?

We welcome feedback, whether positive or negative, as it helps us to improve our care and services.

If you would like to give us feedback about this leaflet, please fill in our short online survey. Either scan the QR code below, or use the web link. We do not record your personal information, unless you provide contact details and would like to talk to us some more.

**Giving feedback about this leaflet**



<https://www.smartsurvey.co.uk/s/MDOB4/>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**

Telephone: 01227 868605

Email ([ekhuft.patientvoice@nhs.net](mailto:ekhuft.patientvoice@nhs.net))

**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.ekhufit.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhufit.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.ekhufit.nhs.uk/patient-information>).

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