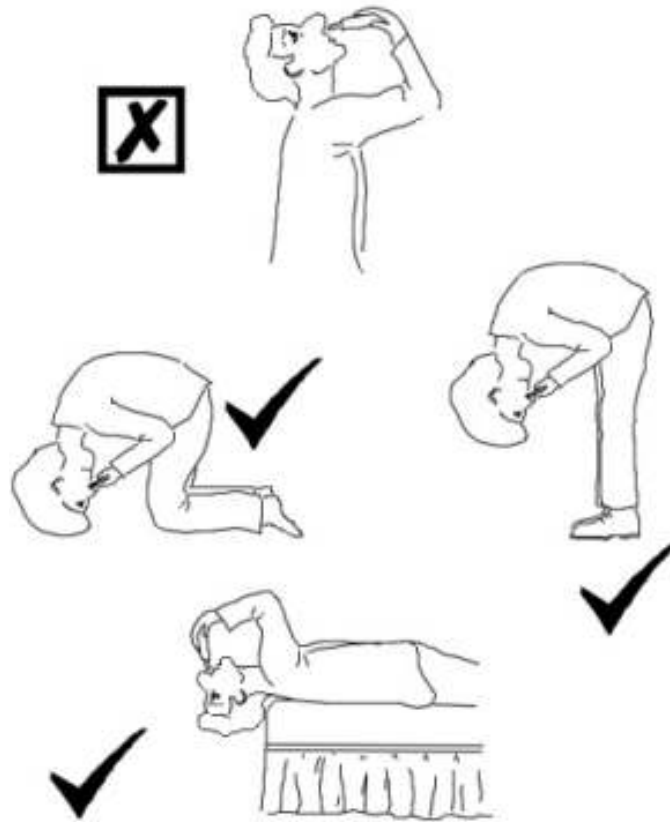


Nasal Drops



- Blow your nose gently.
- Drop the required number of drops into each nostril.
- The aim is to get the liquid to spread over all the inside surface of the nose - including the upper surface.
- A good position is to lie on a bed with your head hanging back over the edge. Stay like this for two minutes after putting in the drops before getting up. This is so that the liquid does not immediately run out of your nose or down the back of your throat but stays for a while in the nasal cavity.
- Kneeling or bending forwards is an alternative, but it is harder to stay like this for two minutes after putting in the drops.
- Replace the top on the bottle after using.
- Wash your hands after using the drops.