



P.O. Box: 48577, **DUBAI**, U.A.E.

Tel: 04 267 8866, Fax: 04 267 8855

P.O. Box: 457, **SHARJAH**, U.A.E.

Tel: 06 565 8866, Fax: 06 565 6699

E-mail: info@zulekha-hospitals.com • Website: www.zulekha-hospitals.com

صندوق بريد: 48577، دبي، إ.ع.م.

هاتف: 04 267 8866 - فاكس: 04 267 8855

صندوق بريد: 457، الشارقة، إ.ع.م.

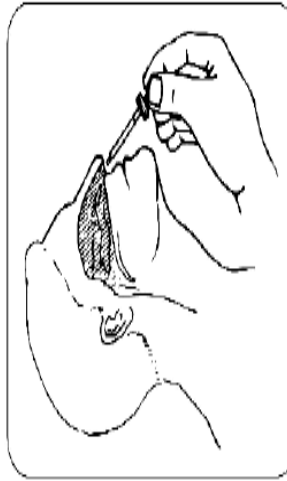
هاتف: 06 565 8866 - فاكس: 06 565 6699

مستشفى زليخة
لأن صحتك عالية



Zulekha Hospital
Your Health Matters

How to Use Nose Drops Properly



(Having someone else give you the nose drops may make this procedure easier.)

1. Blow your nose gently.
 2. Wash your hands thoroughly with soap and water
 3. Check the dropper tip to make sure that it is not chipped or cracked.
 4. Avoid touching the dropper tip against your nose or anything else - nose drops and the dropper must be kept clean.
 5. Tilt your head as far back as possible, or lie down on your back on a flat surface (such as a bed) and hang your head over the edge.
 6. Place the drops into your nose.
 7. Bend your head forward toward your knees and move it left and right.
 8. Remain in this position for a few minutes.
 9. Clean the dropper tip with warm water. Cap the bottle right away.
 10. Wash your hands to remove any medication.
-