

Appropriate Usage for Patients Prescribed Multiple Nasal Sprays: Simply Saline, Astepro and Flonase

If your provider has prescribed/recommended the use of the above nasal sprays, please see the correct order of usage and directions below:

1) **Simply Saline** (also known as “saline”)

Simply saline is a sterile saline mist used to flush and irrigate. To get the best benefit out of this product, tilt your head to the side over the sink, insert the nozzle into one nostril depressing as the mist deploys into and flows out of the nostril. Repeat this process in the other nostril.

2) **Astepro** (also known as “azelastine”)

Astepro is an antihistamine nasal spray that acts more quickly than steroid nasal sprays. This medication can be used as needed and doesn't require prolonged usage. To get the best benefit of this product, clear your nose first, tilt head forward, take a deep breath and hold it and use 1-2 sprays in each nostril twice a day. Just depress the nozzle, do not “sniff” the nasal spray. Wait a full minute between sprays.

3) **Flonase** (also known as “fluticasone”)

Flonase is a steroid nasal spray that can take up to two weeks to receive full benefit which is why it is often prescribed with the above medications. Shake gently before each use. Tilt your head slightly forward. Place the top of the nozzle into the nostril using the opposite hand, press against the opposite nostril to close it off. Sniff gently through the open nostril while depressing the nozzle. Repeat this process for the other side. If using two sprays, wait 1-2 minutes between sprays.

Remember to continue other recommendations and/or medications as directed by your provider and contact us should you have any questions or concerns.