

Nasal Steroid Spray for Allergies

Nasal steroid spray (such as **fluticasone propionate** or **Flonase**) may be given for allergy symptoms such as sneezing, a runny, stuffy, or itchy nose and itchy, watery eyes caused by an allergy to pollen, mold, dust, or pets.

Steps For Taking Nasal Steroid Spray

Nasal steroid sprays are most effective in controlling nasal allergy symptoms when using the **nose over toes method**.

If the spray is new or has not been used in a week, it is important to prime the spray before using it.

To prime, shake gently then pump the nasal spray top away from the body several times, until a fine mist comes out.

1. First blow your nose to clear out nasal mucus before giving nasal spray. If your doctor recommends using nasal saline or a nasal irrigation and rinse system, **do that first** about 5 minutes before using your nasal spray.
2. Position the head downward so that the nose is pointed toward the toes.
3. Hold bottle in your right hand when putting into the left nostril. Use your left hand when putting into the right nostril.
4. Insert the tip of the nose spray as far in as you can comfortably take it.
5. Gently spray the medication and then breathe out from the mouth.
6. Take small sniffs to keep the medication from dripping out of your nose. Gently sniff so that your head does not move. **Do not snort or breathe in with force.**



You must use these medications every day for at least 2 to 3 weeks to get the best symptom relief.

If you have nosebleeds or serious irritation of the nose, stop using the spray for 1 to 2 days and call your care team.