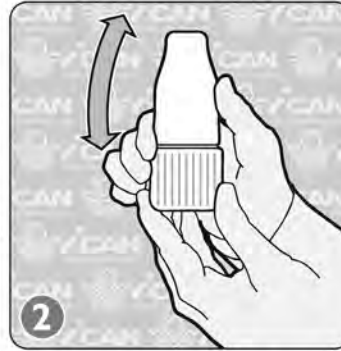


NASAL STEROID

SPRAY



BLOW YOUR NOSE



SHAKE & REMOVE CAP



PRESS DOWN AS YOU
BREATHE IN, DON'T SNIFF



REPEAT
STEP 3
In Other Nostril

REMINDER



REPLACE CAP

IMPORTANT INFORMATION

Expired?: Check the expiry date on the label.

Reminders: Step 3:

- Place the tip of the nasal spray in your nostril.
- Aim the tip toward your ear on the same side.
- Block the other nostril with your finger.
- Don't sniff or blow your nose for a few minutes after you spray so the medication has a chance to be absorbed. Hold a tissue under your nose.

This medicine works best if taken daily for at least several weeks. Use as prescribed.

Store at room temperature, away from direct light.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service and the COPD & Asthma Network of Alberta.

For more information on asthma medications and device demos, visit:

www.ucalgary.ca/icancontrolasthma

