

HOW TO USE YOUR FLONASE (fluticasone propionate) NASAL SPRAY, 50 mcg

The applicator on FLONASE was designed for ease of administration. To get the best results with FLONASE, use it regularly as prescribed.

Read the complete instructions carefully and use only as directed.

BEFORE USING

1 Shake the bottle gently and then remove the dust cover (figure 1).



2 It is necessary to prime the pump into the air the first time it is used, or when you have not used it for a week or more. To prime the pump, hold the bottle as shown with the nasal applicator pointing away from you and with your forefinger and middle finger on either side of the nasal applicator and your thumb underneath the bottle. When you prime the pump for the first time, press down and release the pump six times (Figure 2). The pump is now ready for use. If the pump is not used for 7 days, prime until a fine spray appears.



USING THE SPRAY

3 Blow your nose to clear your nostrils.

4 Close one nostril. Tilt your head forward slightly and, keeping the bottle upright, carefully insert the nasal applicator into the other nostril (Figure 3).

5 Start to breathe in through your nose and **WHILE BREATHING IN** press firmly and quickly down once on the applicator to release the spray. To get a full actuation, use your forefinger and middle finger to spray while supporting the base of the bottle with your thumb. Avoid spraying in eyes. Breathe gently inward through the nostril (Figure 4).

6 Breathe out through the mouth.

7 If a second spray is required in that nostril, repeat steps 4 through 6.

8 Repeat steps 4 through 7 in the other nostril.

9 Wipe the nasal applicator with a clean tissue and replace the dust cover (Figure 5).

10 Do not use this bottle more than the labeled number of sprays even though the bottle is not completely empty. Before you throw the bottle away, you should consult your doctor to see if a refill is needed. Do not take extra doses or stop taking FLONASE Nasal Spray without consulting your doctor.

If side effects occur, they are generally mild and may include headache, nosebleed, or sore throat.



Figure 3



Figure 4



Figure 5