

# How to use your Avamys (fluticasone furoate) Nasal spray<sup>1</sup>

Always prepare your nasal spray before using a new device.

Follow steps 1 & 2, then repeatedly press the button firmly until a fine mist appears, do this at least 6 times.

The device is now ready to use.

## Using the nasal spray, as directed by your Doctor



1. **Shake the nasal spray vigorously.**
2. Remove the cap.
3. **Blow your nose** to clear your nostrils, and then tilt your head forward a little bit.
4. Hold the nasal spray upright and carefully place the nozzle in one of your nostrils.
5. Point the end of the nozzle toward the outside of your nose, away from the centre ridge of your nose. This helps direct the medicine to the right part of your nose.
6. As you breathe in through your nose, **press the button once firmly all the way in.**
7. Be careful not to get any spray in your eyes. If you do, rinse your eyes with water.
8. Take the nozzle out and breathe out through your mouth.
9. If your doctor has told you to take 2 sprays per nostril, repeat steps 4 to 6.
10. Repeat steps 4 to 6 for your other nostril.
11. **Replace the cap** on the nasal spray.

## Dos and Don'ts



Correct insertion of nozzle



Incorrect insertion of nozzle



Don't use the device while lying down



never use a pin or anything sharp on the nozzle



Wipe the nozzle and inside of the cap with a clean, dry tissue



For more detailed information, please refer to the patient leaflet supplied within the Avamys pack

For further information or questions regarding use of your nasal spray, please consult your pharmacist or doctor

This leaflet is intended for patients who have been prescribed Avamys (fluticasone furoate) nasal spray.

Reference: 1. Avamys Summary of Product Characteristics last accessed on [www.medicines.ie](http://www.medicines.ie) April 2019

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