

How to use your Avamys (fluticasone furoate) Nasal spray¹

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.

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

Reference: 1. Avamys Patient Information leaflet last accessed on www.medicines.ie February 2023

Dos and Don'ts

Avamys
fluticasone furoate



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 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.

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