

Giving Medication Inhaled Through the Nose



Medication can be inhaled into the body through the nose using a spray or drops.

In addition to any medication-specific instructions, follow these principles to give inhaled nasal medication:

- Put on gloves. You should wear gloves if:
 - ◇ the skin on your hands is cut, scabbed or broken;
 - ◇ your hands might come in contact with the child's mucous;
 - ◇ the medication to be given should not touch **your** skin; or
 - ◇ you feel more comfortable wearing gloves to apply the medication.
- It's a good idea to have the child blow his/her nose or wipe away any visible mucous.
- Let the child know (s)he may taste the drops or spray.
- Position the child's head, tilted slightly back.
- When using a dropper, gently push up on the tip of the child's nose so you can see the nostrils and put the dropper tip just a little into the nose.
- When using a nasal spray, plug the other nostril as you give the dose so the child can breathe the medication in correctly.
- Wipe the dropper or sprayer tip off after giving the dose.



This page is intentionally blank.