

How to use Nasal Spray

鼻腔噴劑的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service

免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address

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 港怡醫院
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Step 1 步驟1

Always wash your hands thoroughly with soap and water before using nasal spray.

使用鼻腔噴劑前，先用肥皂/洗手液清潔雙手。



Step 2 步驟2

Blow your nose gently to clear the nostril.
用紙巾清潔鼻孔。



Step 3 步驟3

Gently shake the bottle.
用藥前先搖勻鼻腔噴劑。

Step 4 步驟4

For a new bottle of nasal spray, or a spray that have not been used for more than a week, you will have to make the spray ready for use. Spray a few puffs into the air until a fine mist can be seen in the air.

當使用全新或超過一星期沒有使用的噴劑時，需在使用前先對着空氣反覆按下噴霧，至噴嘴產生薄霧才使用。



Step 5 步驟5

Slightly tilt your head forward. Insert the bottle nozzle into one nostril and place your finger over the opening of the opposite nostril.

頭微微傾前，將噴嘴放入鼻孔，然後用手指蓋着另一邊鼻孔。



Step 6 步驟6

Gently sniff in with your nose while spraying in your nostril. The tip of the bottle nostril should be inserted towards the outer corner of your eye. Exhale through your mouth.

使用時將噴嘴指向鼻孔外側，用手指按壓噴劑一次；同時用鼻輕輕吸氣，然後用口呼氣。

Step 7 步驟7

Repeat the dose if needed.
如有需要可重覆步驟。

Step 8 步驟8

Clean the nozzle of the spray and recap the bottle.
用後抹乾噴嘴，把噴劑蓋好。



Additional information

注意事項

- | The nose spray may trickle down your throat from your nose. You may drink water to wash out the taste.
- | Store the bottle in a cool and dry place or as directed by doctors or pharmacists.
- | Discard any expired nasal spray.
- | 使用鼻腔噴劑時，噴霧可能會流入咽喉，可以喝水去除藥味。
- | 請將鼻腔噴劑存放在陰涼處，或按照醫生或藥劑師指示存放。
- | 棄置過期的鼻腔噴劑。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。