

How to use Nose Drops

滴鼻藥水的使用方法



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。



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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 nose drops.

使用滴鼻藥水前，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

The ideal starting position:

滴鼻時：

! Lie down with your upper back over a pillow and your head bending backward; or

! Sit down with your head bending backward.

! 躺在床上放枕頭在肩背下，令頭仰後；

! 坐在椅上，將頭仰後靠椅背。



Step 4 步驟4

Carefully point the dropper at your nostril and drop the required number of drops into each nostril.

將所需滴數的滴鼻藥水，小心對準滴入每個鼻孔。



Step 5 步驟5

Avoid contacting the dropper with your inner surface of your nose as this may irritate your nose and contaminate the dropper.

避免滴管接觸鼻內壁刺激鼻孔，沾污滴管。

Step 6 步驟6

Remain the starting position for 2 minutes after administration to ensure that the liquid does not immediately run out of your nose or down to your throat.

保持頭仰姿勢約兩分鐘，確保滴鼻藥水不會立即流出鼻外或倒流入咽喉。

Step 7 步驟7

Do not wash or wipe the dropper. Tighten the cap of the bottle right away.

切勿沖洗或抹乾滴管，使用後立刻把藥水蓋上。

Step 8 步驟8

If possible, ask other people to place the nose drops for you. 如有需要，可請其他人替你滴鼻藥水。

Additional information

注意事項

! The nose drops 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 unused nose drops 4 weeks after opening.

! 使用滴鼻藥水時，藥水可能會流入咽喉，可以喝水去除藥味。

! 請將滴鼻藥水存放在陰涼處，或按照醫生或藥劑師指示存放。

! 開瓶後的滴鼻藥需要在四星期內棄置，或按醫生及藥劑師指示使用。

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。