

How to use Nose Drops

滴鼻藥水的使用方法



On your side 護您同行



Gleneagles
HONG KONG
港怡醫院

How to use Nose Drops

滴鼻藥水的使用方法

Step 1 步驟1

Always wash your hands thoroughly with soap and water before using nose drops.

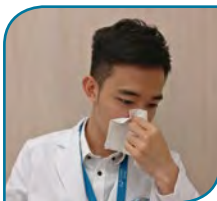
使用滴鼻藥水前，先用肥皂/洗手液清潔雙手。



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。



Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



Hospital address
1 Nam Fung Path,
Wong Chuk Hang, Hong Kong


醫院地址
香港黃竹坑南風徑1號

Mainline 電話 +852 3153 9000

Service hotline 服務熱線 +852 2122 1333

Fax 傳真 +852 2528 0081

www.gleneagles.hk

 港怡醫院
Gleneagles Hong Kong Hospital