



Using your Veramyst® Nasal Spray (fluticasone furoate):

Steps 1 to 13



1. Gently blow your nose to clear your nostrils.
2. Place thumb and forefinger in grips and pull cap off device.
3. **Breathe OUT normally** and away from the device. Don't take a breath until step #6.
4. Tilt your head forward a little bit.
5. Hold the device upright and place the nozzle in one of your nostrils. The end of the nozzle should point directly back into your head.
6. **While breathing in through your nose, firmly press the button 1 time.**
7. Take the nozzle out of your nose.
8. **Breathe out through your mouth.**
9. Repeat steps 3-8 for the other nostril.
10. Wipe the nozzle with a clean dry tissue.
11. Place cap back on device.
12. Gargle your mouth and throat with water.
13. Store in an upright position.

Adapted From: <<http://www.veramyst.com>>.

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