

use your nose drops the right way

正确使用鼻药水



- 1 Wash your hands with soap and water before you apply the nose drop.
请用肥皂与清水洗手。



- 2 Read the instructions on the label.
详阅标签上的说明。



- 3 Blow your nose gently.
轻擤鼻子。



- 4 Sit with your head tilted backwards. Alternatively you can lie down, with a pillow under the shoulder so that your head is tipped backwards.
坐定后把头部向后倾，或躺在床上，肩下垫一个枕头，使头部向后倾。



- 5 Insert application tip about 1cm in the nose. Without touching the sides of the nasal opening, squeeze the right number of drops into the nose.
把药水瓶的尖端伸入鼻孔约一厘米，不要接触鼻孔的周围。然后把正确数量的药水滴入鼻内。



- 6 Remain in the same position for several minutes so that the medication can spread through nasal cavity.
保持这姿态数分钟，使药水扩散到鼻腔。