

Applying Nose Drops

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity for the client

- Check - are these the drops for that client?
- Check - both nostrils or one nostril, which one?
- Ensure the client is sitting comfortably
- They blow their nose to clear the nasal area
- The person tilts their head back
- Remove the cap from the drop container
- Apply the nose drops in accordance with prescription and manufacturer's instructions - number of drops, frequency
- They breathe through their mouth, keeping their head back for a couple of minutes, as instructed by the prescription
- With paper towel in front of their nose they bring their head forwards, the paper towel catches any excess medication
- Clean their nose, face
- Make sure they are comfortable and advise them not to blow their nose for some while, thereby allowing the medication to be effective
- If at anytime they are unhappy, stop, before carrying on appropriately

