

# Synarel

Before use; ensure your nasal spray is prepared. Remove the lid and hold the spray with a finger on each side and thumb on the bottom. Apply pressure several times until a fine spray releases.

- The pump is designed to release only a set amount of medication per spray, do not attempt to tamper with the nozzle or hole.
- Remove the cap and safety cover and insert the spray tip into your nose, aiming for the back and outer side of your nose.
- Hold closed your other nostril and pump the spray once while breathing in.
- Tilt your head back for a few seconds and repeat the process until you have taken your prescribed dose.
- Clean the spray tip with warm water and dry with a tissue, do not scrub or insert anything into the hole.

You can find more information [here](#) if required.