### Giving Medication Inhaled Through the Nose

Medication can be inhaled into the body through the nose using a spray or drops.

In addition to any medication-specific instructions, follow these principles to give inhaled nasal medication:

- **Put on gloves.** You should wear gloves if:
  - the skin on your hands is cut, scabbed or broken;
  - your hands might come in contact with the child’s mucous;
  - the medication to be given should not touch your skin; or
  - you feel more comfortable wearing gloves to apply the medication.

- It’s a good idea to have the child blow his/her nose or wipe away any visible mucous.

- Let the child know (s)he may taste the drops or spray.

- Position the child’s head, tilted slightly back.

- When using a dropper-tipped bottle, gently push up on the tip of the child’s nose so you can see the nostrils and put the tip just a little into the nose.

- When using a nasal spray, plug the other nostril as you give the dose so the child can breathe the medication in correctly.

- Wipe the dropper tip or sprayer tip off after giving the dose.