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To: All Community Pharmacy Contractors in Plymouth TPCT

28<sup>th</sup> April 2011

**Re: How to use a nasal spray effectively**

Dear Colleague,

We are trying to raise awareness of how to use nasal sprays correctly, in an attempt to increase effectiveness. It has been reported by the immunologists at Derriford Hospital that many referrals to them could be avoided if patients used their sprays properly.

One of the repeated areas that have been highlighted in relation to this is the patient's position when administering the nasal spray.

We are asking the pharmacy team to counsel every patient that has an acute or repeat prescription or if they purchase one over the counter.

We have attached a poster to raise awareness and also a patient information leaflet.

Yours Sincerely

Emma Harrison  
Medicines Management Technician

**Key Message**

**Remind everyone who has a prescription or purchases a nasal spray to tilt their head well forward.**