

NASAL STEROID INSTRUCTIONS

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| <input type="checkbox"/> Nasocort | <input type="checkbox"/> 1 Spray | <input type="checkbox"/> Once Daily |
| <input type="checkbox"/> Flonase | <input type="checkbox"/> 2 Sprays | <input type="checkbox"/> Twice Daily |

- 1) Insert the bottle into the nose and aim towards the eye on the same side
- 2) Both of these medications are over the counter and available at your pharmacy