

IMPORTANT INFORMATION

關於滴鼻藥水

- ❖ Sometimes the nasal drops leave an odd taste as they trickle down your throat after you have applied them to your nose. If this happens, have a drink to wash the taste away.
有時候，藥水可能經鼻腔流進喉嚨以致有苦澀的味道。如有需要，可飲用清水來沖走苦澀味。
- ❖ Try to avoid sneezing or blowing your nose immediately after using the nasal drops.
用藥後，請盡量避免在短時間內打噴嚏或清理鼻孔。
- ❖ Ask your family members or someone to instill the nasal drops for you if necessary.
如有需要，可讓家人或其他人替你滴鼻藥水。
- ❖ Follow the storage instruction on the drug label.
請按照藥物標籤上的指示貯存藥物。
- ❖ Discard all medications that are expired or no longer required.
過期或完成療程後剩餘的藥物應立即棄掉。
- ❖ Do not share your nose drops with other people to avoid transmission of bacteria and delay in treatment.
切勿與他人共用藥物，以避免細菌傳播和延誤治療。



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明德國際醫院

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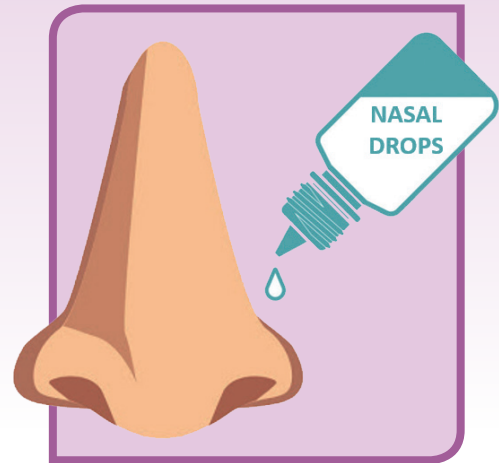
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How to Use Nasal Drops

如何使用 滴鼻藥水



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To administer a dose 使用方法：

- 1 Clear your nostrils by blowing your nose gently.
用藥前把鼻孔清理。



- 2 Wash your hands thoroughly with soap and water.
用肥皂及清水清潔雙手。



- 3 Sit on a chair and bend your head backwards to rest on the back of the chair, or lie on a bed and put a pillow under your upper back to make your head bend backwards.

坐在椅子上，將頭部向後仰靠椅背；或躺臥在床上，放枕頭於肩背下，令頭仰後。



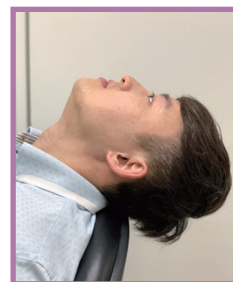
- 4 Carefully point the bottle tip towards the nostril and instill the prescribed number of drops into the nostril. Do not let the tip touch against the inner surface of your nose because this will make you sneeze and contaminate the tip of the nasal drops.

小心將滴咀對準鼻孔，將處方數量的藥水滴入鼻孔內。切勿讓滴咀接觸到鼻內壁，因為這會令你打噴嚏及污染滴咀。



- 5 After putting in the drops, keep your head tilted backwards for about 2 minutes to allow the drops run into your nose.

滴藥後，讓頭部保持後仰約兩分鐘，使藥水流入鼻內。



- 6 Repeat steps 4 to 6 for the other nostril if advised to do so by doctor or pharmacist.

如有需要，可依照醫生或藥劑師的指示，重覆步驟四至六。

- 7 Do not wash or wipe the dropper. Replace the cap of the bottle after use.

請勿清洗或擦拭滴咀。用藥後應立即蓋好藥瓶。