

## Nasal Medication

1. Wash hands and child's hands.
2. Remove any mucous from the nose with a clean tissue.
  - a. Put on gloves.
  - b. Ask the child to blow his/her nose.
  - c. If the nose has crusted material around it, wet a washcloth or paper towel with warm water and place this around the nose.
  - d. Wait 1 minute.
  - e. Gently wipe the nose with the washcloth or paper towel.
  - f. If you cannot remove the crusting, rewet the cloth and again place it around the nose. Continue using the warm, moist washcloth and gently wiping until all of the crusting is removed.
  - g. If using cloths, launder before using it again
3. Position the child.

<b><u>Nasal Drops</u></b>	<b><u>Nasal Sprays</u></b>
<ol style="list-style-type: none"> <li>a. Ask the child to lie down on his back.</li> <li>b. Ask the child to tilt his/her head back slightly.</li> <li>c. Place a pillow or rolled-up towel under the child's shoulders or let the head hang over the side of a bed or your lap.               <ul style="list-style-type: none"> <li>o If the child will not lie still you hold the child by sitting on a flat surface, such as the floor or bed.</li> <li>o Place the child on her back with her head between your legs and her arms under your legs.</li> <li>o If needed, gently cross your lower legs over the child's legs to keep her from moving.</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>a. Ask the child to stand up and hold his/her head straight up and close mouth.</li> <li>b. Tell child to hold one nostril shut.</li> </ol>



Safely holding child while giving nose drops.



Correct position of child's head and neck for giving nose drops.

4. Give medicine one side at a time.
5. Insert the tip of the nozzle into one of the child's nostrils.
6. Squeeze slowly and firmly to release the appropriate amount of medicine.
7. Insert the tip of the nozzle into the child's other nostril.
8. Squeeze slowly and firmly to release the appropriate amount of medicine.
9. Ask the child to remain lying down for about 1-2 minutes so the medicine will be absorbed. (NASAL DROPS ONLY)
10. Rinse the nozzle tip in water or wipe it with a clean tissue after each use before returning it to the bottle.
11. Replace the cap on the bottle immediately after each use.
12. Remove and discard gloves.
13. Wash hands and document medication administration.

**Note: For nasal drops only**

Before administering medications, use a bulb syringe to remove mucous.

- a. Squeeze the bulb.
- b. Put the tip gently into child's nostril.
- c. Let go aspirating mucous from the nose.
- d. Be careful because overuse of this tool can be irritating.
- e. Clean the bulb syringe properly.