

## F-120 Nasal Medications

### Purpose

Promote the safe and correct administration of nasal medications.

Reduce inflammation and congestion of nasal passages and mucous membranes.

### Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): \_\_\_\_\_

### Equipment/Supplies

- Prepared medication with clean dropper or spray container.
- Facial tissue.
- Disposable gloves.
- Pillow.

### Procedure

1. Wash hands. Refer to the Hand Washing procedure.
2. Don clean gloves.
3. Have the client gently blow his/her nose. Do not do so if contraindicated, i.e., if there is a risk of nose bleeds or increased intracranial pressure.
4. Position the client in supine position with a pillow under the shoulders, allowing the head to drop back; or if the client is in a chair, tilt the head backward, as appropriate.
5. Support the client's head with non-dominant hand and instruct the client to Breathe through the mouth.
6. Instill the prescribed amount of medication, holding the dropper or spray Container approximately 1/2 inch above the nares. Direct the flow of medication toward the floor of the nasal cavity.
7. Have the client remain in the same position for approximately 5 minutes after instilling medication.
8. Assist the client to a sitting position and blot nose if runny. Caution the client against blowing the nose.
9. Remove gloves and dispose of supplies and clean equipment according to the Agency Waste Disposal Policy.
10. Wash hands. Refer to Hand Washing procedure.

**Documentation Guidelines**

Document in the clinical record:

- a. Medication name, dose, route, and time of administration.
- b. Condition of nasal passages and any drainage.
- c. Teaching done and client ability to demonstrate procedure any other pertinent findings.

**Related Procedures**

None

**Policy History**

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