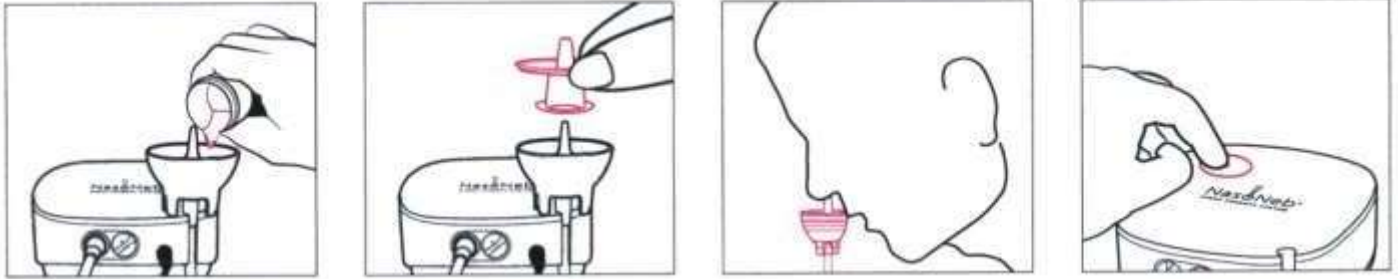


## DIRECTIONS FOR USAGE – NASAL – NASONEB MEDICATIONS

Please follow the directions listed below very specifically for the type of medication you received. As with any prescribed medication, any directions from your prescriber supersede the following guidelines.

**\* If using more than one medication from below – meds could be mixed simultaneously \***



Please refer to [www.yhpharmacy.com/how-to-use-nasoneb](http://www.yhpharmacy.com/how-to-use-nasoneb) for additional information on how to use your machine or scan the QR Code

### Capsule Medication

- Items Included
  - Prescription Bottle(s) Containing Capsules with Directions on the Bottle
  - Sterile Saline Diluent Vials **OR** Prescription Liquid Vials
  - Mixing Container
  - Plastic Funnel
- Directions for Use (Note: Please begin to administer treatment within 5 minutes of mixing)
  - **If Using Sterile Saline Diluent Vials:** Place up to 1 full vial into the mixing container – the Pharmacist will advise during counsel on the appropriate volume
  - **If Using Prescription Liquid Vials:** Empty prescribed number of vials into the mixing container
  - Open prescribed number of capsules (twist open) and place the entire contents into the mixing container using the plastic funnel if needed
  - Screw on the lid of the mixing container tightly and shake gently to dissolve
  - Pour the mixed contents into the nebulizer (medicine) cup
  - Please begin to administer your treatment within five minutes of mixing the medication (discard any remaining medication after 20 minutes)
  - Position the Nasal Nebulizer cup under your nostril. Tilt your head downward approximately 30-40 degrees while positioning the nozzle of the insert under your nostril, with the edge of the cup near your lips (Do not turn on the compressor until the NasoNeb® is positioned under your nose)
  - Hold the Nasal Nebulizer close to vertical and aim it toward the front of your nose. Breathe through both your nose and mouth. (The air blowing into your nose needs to exit out of the back of your throat in order to carry the mist into your nose)
  - Turn the Compressor on
  - A plume of aerosol will enter your nasal cavity; you may feel a gentle flow of air coming back out of your mouth. If you do not feel this, allow the air passage at the back of your throat to open. Relax your face and jaw while breathing simultaneously through your nose and mouth. Rotate your head so that the Nasal Nebulizer is pointing toward the back of your head until you feel the mist entering your nasal cavity



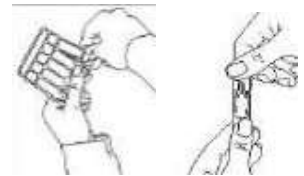
- After 1-2 minutes or when half of the medication has been used, turn the Compressor off. (Do not remove the nebulizer (medicine) cup away from your nasal passage without first turning off the compressor)
- Repeat process in opposite nostril.
- Rinse out the mixing container that was used to mix the capsule contents and allow to dry

### **Commercially Available Vials Containing Powder**

**\*\*Important note – the rubber tops of the vials come off very easily – only take out one vial at a time and leave all others in an upright position stored away from children**

**\*\*Certain vials require the powder to first be dissolved in the vial before being able to empty the contents into the mixing container – during counseling the pharmacist will advise if your prescription requires the medication to be dissolved first**

- Items Included
  - Commercially Available Vial (Powder Form)
  - Sterile Saline Diluent Vials **OR** Prescription Liquid Vials
  - Mixing Container
  - Plastic Funnel
- Directions for use (Note: Please begin to administer treatment within 5 minutes of mixing)
  - **If Using Sterile Saline Diluent Vials:** Place up to 1 full vial into the mixing container – the Pharmacist will advise during counsel on the appropriate volume
  - **If Using Prescription Liquid Vials:** Empty prescribed number of vials into the mixing container
  - Remove rubber stopper out of prescribed number of vials and empty contents into the mixing container using the plastic funnel if needed
  - Screw on the lid of the mixing container tightly and shake gently to dissolve
  - Pour the mixed contents into the nebulizer (medicine) cup
  - Please begin to administer your treatment within five minutes of mixing the medication (discard any remaining medication after 20 minutes)
  - Position the Nasal Nebulizer cup under your nostril. Tilt your head downward approximately 30-40 degrees while positioning the nozzle of the insert under your nostril, with the edge of the cup near your lips (Do not turn on the compressor until the NasoNeb® is positioned under your nose)
  - Hold the Nasal Nebulizer close to vertical and aim it toward the front of your nose. Breathe through both your nose and mouth. (The air blowing into your nose needs to exit out of the back of your throat in order to carry the mist into your nose)
  - Turn the Compressor on
  - A plume of aerosol will enter your nasal cavity; you may feel a gentle flow of air coming back out of your mouth. If you do not feel this, allow the air passage at the back of your throat to open. Relax your face and jaw while breathing simultaneously through your nose and mouth. Rotate your head so that the Nasal Nebulizer is pointing toward the back of your head until you feel the mist entering your nasal cavity
  - After 1-2 minutes or when half of the medication has been used, turn the Compressor off. (Do not remove the nebulizer (medicine) cup away from your nasal passage without first turning off the compressor)
  - Repeat process in opposite nostril.
  - Rinse out the mixing container that was used to mix the vial contents and allow to dry



A customer service representative is available and dedicated to serve you. Please feel free to contact us with any questions.

Thank you for your patronage!

As always, the FDA does not review any compounded medication for safety or efficacy. This is the primary reason that we encourage any patient or healthcare provider looking to compounding as a treatment option to always engage a PCAB Accredited Compounding Pharmacy.