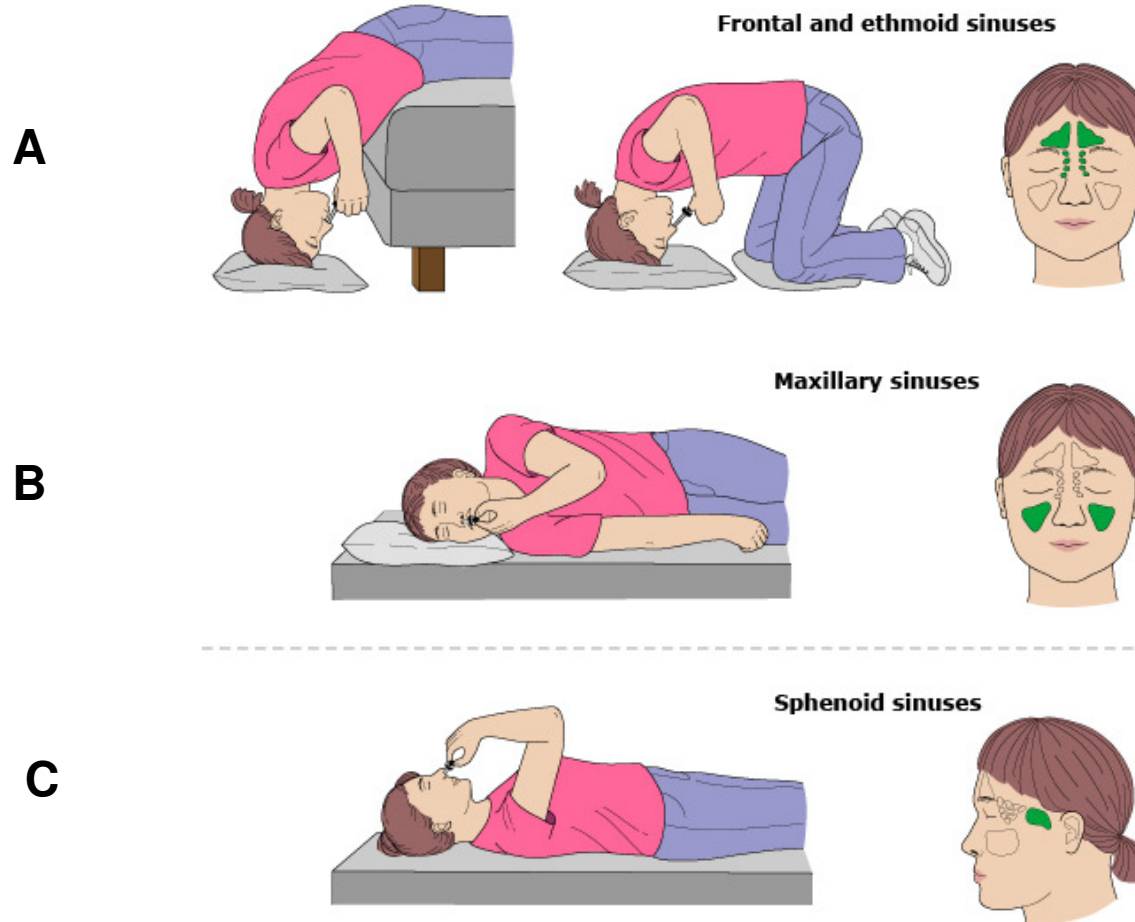


Positions for administering sinus medications



These positions allow nasal medications to penetrate into the sinuses, highlighted in green in the right hand column. To give the medications, get into the position shown and give the medication into the nose. Stay in the position for the amount of time specified by your healthcare provider. For the maxillary sinuses (first position), the medication must be given on each side separately. For the other two positions, medications can be given to both sides of the nose at the same time.

Courtesy of Daniel Hamilos, MD.



- 0.5-mg budesonide Respule® is given once daily to EACH nostril.
- INSTILL 0.5 mg respule INTO **RIGHT** NOSTRIL – Hold each of the following positions for 60 seconds:
 - **A)** first the head down forward position, then
 - **B) right** lateral supine position (lying on right side), then
 - **C)** in the supine (lying down facing ceiling) position,
- Following this, the remaining nasal solution is expelled from the nose
- REPEAT PROCEDURE INSTILLING INTO **LEFT** NOSTRIL.
- The supine (lying down facing ceiling) position must be used with caution, because in some patients, it may cause ear pain.