Nasal spray and rinse routine log

Week of _____ Use one row per event. Mark use as used, not used, or unsure.

Spray log

Date and product	Planned time	Actual time and status	Before and later observation

Rinse and follow-up log

Date and time	Device or product	Before	Later observation and time	Anything else

Pharmacist handoff card

Product and time	What I noticed and when	Did it happen again	Question to ask

Keep the product leaflet or care plan nearby. If a use is uncertain, follow the leaflet or ask your pharmacist. See the rinse safety guidance before preparing a rinse.

Personal observations only. Not clinically reviewed. These sheets do not diagnose symptoms or replace your care team’s instructions. Do not delay care to complete a diary.