Nasal spray label-reading worksheet

Date range _____ Name or initials (optional) _____

UK and US product names, ingredients, strengths and permitted use can differ. Read the exact local package and leaflet. A UK label saying “xylometazoline” and a US label saying “oxymetazoline” describe different ingredients; do not treat a brand or the word decongestant as the full instruction. Ask a pharmacist to verify your own product. Steroid labels may name fluticasone or mometasone; this worksheet does not choose between them.

Official label references: NHS decongestants — nhs.uk/medicines/decongestants/; US DailyMed current product labels — dailymed.nlm.nih.gov. Verify your own package, country and active ingredient with your pharmacist.

Country and exact product	Active ingredient and strength as labelled	Label instructions and limits	Questions for pharmacist

Mark a missed check “not recorded”. Mark uncertain times as estimates. A pattern does not establish a cause. Follow the product leaflet and your own care instructions.

My question

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.