

## INFORMATION SHEET

# Using Midazolam Nasal Spray



## Why is Midazolam nasal spray prescribed?

Midazolam is found to be effective for managing breathlessness and associated anxiety and is easy to self-administer with a nasal spray. Patients often report it helps them control symptoms more easily.

## What are possible side effects?

It is rapidly absorbed by the nasal mucosa and has peak effect within 10 minutes. Used as a nasal spray the doses are small and so it is not usually sedating in these amounts.

Some people experience irritation of the nasal passage and in this situation find it easier to spray into the inside of their cheeks where it is just as easily absorbed.

## Instructions for use

- Hold bottle with thumb at base and nozzle between 1<sup>st</sup> and 2<sup>nd</sup> fingers.
- Depress the pump until the spray is visible.
- Keep your head upright and insert nozzle into nostril.
- Keep spray bottle upright.
- Depress pump with a firm stroke – you do **not** have to sniff.
- **Do not** tilt your head back while spraying. Having your head upright is preferable to avoid swallowing the solution, but not essential.



*Hold bottle as pictured.*

Patient Name:

Dose Prescribed:

- Administer one spray at a time into alternate nostrils until prescribed dose is administered.
- If this is difficult or irritating to your nasal passage, spray can be applied into inside of your cheeks.
- Contents of bottle **expire one month** after opening.

## Record in your book

- How often you use it
- Whether it helps
- How long it takes to work
- Any side effects

## Replacement spray bottles

- You need 2 bottles so that when your first bottle is used you can return that to the pharmacy for a repeat.
- There is a small cost, however the bottles can be reused.
- Please return unused bottles to your pharmacy.

## Storage

- Store in a cool dry place but not in a fridge.
- As with all medicines, keep out of reach of children.