

Calcitonin Nasal Spray

For pain from a recent spinal (vertebral) fracture

Dose: **Duration:** (usually not more than 4 weeks)

What it is for

This spray is given for a **short period** to relieve the pain of a fresh spinal fracture. It is a pain treatment, not your long-term bone treatment — your calcium, vitamin D and bone-strengthening medicine continue alongside it and are what actually protect your spine.

How to use the spray

- **Priming a new bottle:** hold it upright and press until a faint mist appears. Do this only with a new bottle, not before every dose.
- Blow your nose gently first.
- Sit upright with your head straight. Insert the tip into one nostril, close the other nostril with a finger.
- **Breathe in gently through the nose** as you press once. Do not sniff hard — that sends it down your throat instead.
- **Alternate nostrils each day** — left today, right tomorrow.
- Do not tilt your head back, and do not blow your nose immediately after.

STORAGE

Keep an unopened bottle in the **refrigerator** (not the freezer). Once opened, keep it upright at room temperature and use it within the period stated on the pack.

COMMON EFFECTS

Nasal dryness, irritation, mild bleeding from the nose, or a stuffy nose. Flushing and mild nausea can occur. These usually settle. Tell us if the nose becomes sore or bleeds repeatedly.

This is a short course. It is not intended for long-term use, so please do not continue it beyond the period we have written above.

Search: calcitonin nasal spray, miacalcic, spinal fracture pain, vertebral

