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GROUP

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### Flight Instructions

- Apply a nasal steroid spray (such as Nasonex, Veramyst, Flonase, Omnaris)
  - 2 sprays to each nostril daily
  - Begin 5 days prior to your scheduled flight
- Take Sudafed (30mg) 30 minutes before your flight.
- Apply Afrin nasal spray- 3 sprays to each nostril.
  - Do this at take-off and again when the plane is descending.