

# **SALINE NASAL IRRIGATIONS**

## **INSTRUCTION SHEET**

### **Directions for Preparation, Use of the Solution and Cleaning**

#### **Preparation:**

1. Clean a 1-quart glass jar carefully, then fill it with bottled water. You need not boil the water.
2. Add 2 to 3 heaping teaspoons of pickling or canning salt. DO NOT use table salt, because it contains additives.
3. Add 1 rounded teaspoon of baking soda (pure bicarbonate).
4. Store at room temperature and shake or stir before each use.
5. Mix a new batch weekly.

#### **Use:**

1. Pour some of the mixture into a clean bowl. Warming it to body temperature may help, but make sure it is NOT HOT.
2. Fill the syringe or bulb irrigator. To avoid contamination, DO NOT place bulb or syringe into jar.
3. Stand over the sink or in the shower and squirt the mixture into each side of the nose several times, keeping the mouth open.
4. Remove syringe and allow to drain out. Patient may cough or snort some up (spit this out).
5. Repeat 2-3 times on each side, resting between each application.
6. Rinse the nose 2-3 times daily.

#### **Cleaning:**

1. Wash bulb syringe with peroxide/saline (1:3) mixture every 2-3 days and allow to dry standing up (small side down). Example: 1/4 cup peroxide to 3/4 cup saline.
2. Wash bulb syringe in dishwasher once per week.

If using a nasal steroid preparation, please use the irrigation a half-hour before the use of the nasal steroid spray. Do not irrigate for at least 2 hours after using the steroid spray.