

Nasal Saline Irrigation Instructions

You can wash your nasal and sinus passages using nasal saline (salt water) irrigation. This is simple and effective. Follow the instructions below, as well as the ones provided by your physician.

Supplies

First, you will need a nasal saline irrigation bottle and rinse solution. You can purchase nasal rinse kits that include these items (such as NeilMed®, Ayr®, Simply Saline®, Ocean Complete®) at most drug stores. You can also make your own saline irrigation solution by adding kosher (non-iodine) salt and baking soda to distilled water. Your physician may tell you to add medications like a steroid or antibiotic to the rinse as needed.



©2018 NeilMed Pharmaceuticals, Inc.

Steps for nasal irrigation

Step 1. Fill the bottle

- Wash your hands.
- Fill the irrigation bottle with lukewarm distilled water or boiled water that has cooled.

Step 2. Mix the solution

- Put the saline and salt packet contents into the bottle.
- Tighten the top of the bottle and shake it gently to dissolve the mixture.
- If you are making your own solution:
 - Add 1/4 to 1/2 teaspoon of baking soda and 1/8 teaspoon of kosher (non-iodine) salt into the bottle.
 - Tighten the top of the bottle.
 - Shake the bottle gently to dissolve the mixture.

Step 3. Get into position

- Stand in front of the sink.
- Unless you were instructed to use another position, bend forward. Then tilt your face down about 45 degrees so that you are looking down into the sink.
- Gently place the spout of the saline bottle against 1 of your nostrils.



©2018 NeilMed Pharmaceuticals, Inc.

Step 4. Rinse

- Breathing through your mouth, gently squeeze the bottle. This will squirt the solution into your nostril. The solution will start to drain from the other nostril. Some may drain from your mouth. This is normal.
- Use 2 ounces (half of the bottle) on each nostril.
- Afterwards, you may need to blow your nose gently to help drain any solution that is left behind.



©2018 NeilMed Pharmaceuticals, Inc.

Step 5. Repeat

- Repeat steps 3 and 4 with the other nostril.

You can watch a video to learn how to do nasal saline irrigation. Go to [youtube.com](https://www.youtube.com) and search for “NeilMed Sinus Rinse.”