

Patient Instructions for Nasal Irrigation

While this process will seem quite foreign, rest assured that most patients become accustomed to it over a brief period of time.

Wash your hands with soap and water before mixing any solutions and before irrigation.

Fill the clean bottle with the designated volume of warm tap water. **If using saline only**, you may warm the water in a microwave, but we recommend that you warm it in increments of five seconds. This is to avoid excessive heating of the water and damage to the device or scalding your nasal passage. Do NOT microwave any medicated solutions.



Step 1

Measure out the appropriate amount of salt and add into the bottle. Saline is made by adding ¼ teaspoon of kosher or sea salt and ¼ teaspoon of baking soda into the 8 oz. bottle. Next, measure and add the prescribed amount of medication, if applicable. (See accompanying page) Tighten the cap & tube on the bottle securely, place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture.

Technique One: Squirt it into your nose as forcefully as you can without causing pain. The bottle should not block the nostril so that the solution can drain out the same side. To minimize the amount that goes into your throat, stand upright over a sink, bending forward. (Some patients prefer to do the irrigations in the shower.) Keep squeezing the bottle until at least 1/4 to 1/2 (60 to 120 mL) of the bottle is used for a proper rinse.



Technique Two: Standing in front of a sink or in the shower, bend forward to your comfort level and tilt your head down. Keeping your mouth open without holding your breath, place cap snugly against your nasal passage and **SQUEEZE BOTTLE GENTLY** until the solution starts draining from the **OPPOSITE** nasal passage or from your mouth. Keep squeezing the bottle **GENTLY** until at least 1/4 to 1/2 (60 to 120 mL) of the bottle is used for a proper rinse. Do not swallow the solution.

Now repeat steps above for your other nasal passage.

Blow your nose gently, without pinching your nose completely because this will apply pressure on the eardrums. If tolerable, sniff in any residual solution remaining in the nasal passage once or twice prior to blowing the nose as this may clean out the posterior nasopharyngeal area (the area at the back of your nasal passage). Some solution will reach the back of the throat, so please spit it out. To help improve drainage of any residual solution, blow your nose gently while tilting your head to the opposite side of the nasal passage that you just rinsed.

After use, air dry the Sinus Rinse bottle, cap, and tube on a clean paper towel, a glass plate or use NeilMed's NasaDock® (sold separately) to store the bottle cap and tube. If there is any solution leftover, please discard it. We recommend you make a fresh saline solution each time you rinse. Rinse once or twice a day, OR as directed by your physician.

Keep the bottle in a clean place. Once or twice a week, flush it out in a sink with 1 part chlorine bleach and 9 parts warm water. (Alternatively, a half-strength Betadine® solution can be used.) Make sure and rinse out the disinfectant!