

Nasal Saline Irrigation Instructions

Saline (salt water) nasal irrigation is a simple and effective way to wash nasal and sinus passages. Follow the instructions below and as directed by your physician.

Supplies

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



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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/salt packet contents into the bottle, tighten the top of the bottle and shake 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 and shake gently to dissolve the mixture.

Step 3. Get into position

- Stand in front of the sink, bend forward and tilt your head face down about 45 degrees so that you are looking down into the sink. Use this position unless instructed otherwise.
- Gently place the spout of the saline bottle against one nostril.

Step 4. Rinse

- Breathing through your mouth, gently squeeze the bottle and squirt the solution into your nostril. The solution will start to drain from the opposite nasal passage (or some may drain from your mouth).
- Use 2 ounces (half of the bottle) on each side.
- Afterwards, you may need to blow your nose gently to help drain any solution left behind.

Step 5. Repeat

- Repeat steps 3 and 4 with the other nostril.

To see a video of the saline irrigation technique, go to [youtube.com](https://www.youtube.com) and search for “NeilMed Sinus Rinse.”



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