

Nasal Irrigation Solution Instructions

Add 6 teaspoons of non-iodized salt and 2 teaspoons of baking soda to one gallon of distilled water. Store this solution in the refrigerator. When using solution, pour prescribed amount into a clean container and warm it to a comfortable temperature. To test the temperature, pour a small amount over the inner aspect of the wrist. It should feel slightly warm.

Fill bulb syringe with the irrigating solution. Lean over the sink or basin. Place the tip of the bulb syringe approximately $\frac{1}{2}$ to $\frac{3}{4}$ inch in the nostril. Using gentle but even pressure, direct the solution into the nose keeping the head tilted forward. Continue irrigating until the prescribe amount of solution is used. Repeat irrigation on the second nostril if directed by the physician. After irrigation, wash the bulb syringe with hot soapy water. Rinse well and allow to air dry. Store bulb syringe with the tip down in a clean glass or cup.

Instructions:

- 1.) Amount-
- 2.) Side to irrigate-
- 3.) Frequency-