



NASAL SALINE IRRIGATION RECIPE

- One heaping teaspoon of canning or pickling salt (or other non-iodine containing salt)
- One heaping teaspoon of baking soda
- 400 ml or 16 oz of distilled water (or water that has been boiled and cooled to room temperature)
- Nasal rinse squeeze bottle (such as Neil-Med, Neti-Rinse etc.) available through your local pharmacy or grocery store pharmacy department

Mix these items together in a clean container. The mixture will provide you with enough solution to make two full squeeze bottles full. Be sure to use the mixture at room temperature to avoid discomfort.

Instill squeeze bottle with tip facing towards your eye or cheekbone to irrigate your nose. Bend your head far forward over a sink or tub with your mouth open. Place the tip of the bottle just inside your nostril and flush your nose with a moderate amount of force. Use half the squeeze bottle on one side, the other half on the opposite side. Repeat this regimen twice daily or as directed by your physician. **If you have been prescribed nasal steroid sprays, use them five to ten minutes after you have irrigated your nose.**