

Saline nasal irrigation

Your step-by-step guide



STEP 1: GATHER THE SUPPLIES

- Salt (kosher, canning, or pickling salt)
- Baking soda
- Nasal irrigation pot (available at most pharmacies)
- Measuring spoons
- Container with lid

OR

- An irrigation kit that includes the device and premixed saline packets

STEP 2: PREPARE THE SOLUTION

- Put 1 tsp salt and ½ tsp baking soda into the container.
- Add 1 pint of lukewarm tap water.
- Mix contents.
- Fill the nasal pot.

STEP 3: POSITION YOUR HEAD

- Lean over the sink; rotate your head to one side.
- Insert the spout of the irrigation device into the uppermost nostril.
- Breathe through your mouth.
- Raise the handle of the nasal pot so the solution flows into the upper nostril; in a few moments, the solution will begin to drain from the lower nostril.
- Continue until the pot is empty, then exhale gently through both nostrils and gently blow your nose.
- Refill the nasal pot, turn your head to the opposite side, and repeat with the other nostril.
- Do this twice a day or as directed.

STEP 4: CLEAN AND PUT AWAY THE EQUIPMENT

- Wash the nasal pot daily with warm water and dish detergent; rinse thoroughly.
- Store unused saline solution in the sealed container; it can be kept at room temperature and reused for 2 days.