

INSTRUCTIONS FOR HOME NASAL IRRIGATION

Use nasal irrigation bucket provided. Wipe petroleum jelly off end of tube. Discard green soap.

Fill bucket with one quart of warm tap water and add 2 tsp. salt and 1 tsp. baking soda. Mix well to dissolve salt and baking soda.

Elevate the bucket, keeping tubing clamped to prevent flow of solution. Many people do nasal irrigation while in the shower, hanging the bucket over the shower head.

Turn head to one side and insert tubing tip toward the outer side of upper nostril.

Release the tubing clamp and allow the solution to flow freely.

Allow the solution to irrigate the first nostril.

The solution will drain from either nostril and/or mouth. You will not choke.

Turn head to opposite side and repeat process with remaining solution.

Irrigate each nostril morning and evening, and then follow with prescribed nasal spray if ordered.

Exercise preceding irrigation will be helpful.