

## Nasal Saline Rinses

Nasal saline is a mixture that loosens dry or thick mucus when sprayed or rinsed through the nose. It helps relieve nasal congestion.

### Supplies

- SinuCleanse™ system (neti pot) or SinuCleanse™ Squeeze™ or Sinus Rinse™
- Nasal saline recipe
- Warm distilled, boiled or faucet filtered water (96° to 99°F)
- A clean container

### Procedure

Make a ‘nasal saline’ mixture (salt water) using the recipe we provide. **Note:** the salt mixture is the same as tears and other body fluids. It is soothing to the fragile membranes inside the nose. If you use plain water, it could sting and make congestion worse.



### SinuCleanse™ Squeeze™ or Sinus Rinse™ System

1. Remove cap from bottle.
2. Pour the contents of the premixed SinuCleanse™ saline packet or ½ tsp of the dry mixture into the bottle.
3. Fill the bottle with lukewarm distilled, boiled or faucet filtered

water. Leave about half an inch between the water line and the top of the bottle.

4. Tighten the cap on the bottle, and gently shake the bottle until contents of the packet dissolve.
5. Lean over the sink, or if you prefer, do the nasal rinse when you shower. If you use the SinuCleanse™ Squeeze™, place the rim of the cap up to the right nostril and gently insert the tip forming a comfortable seal. If you use the Sinu Rinse™; place cap snugly against your nostril. Aim the tip at the back of your head, not at the top of your head.
6. Squeeze the bottle gently so that the mixture enters the right nostril. Breathe normally through your mouth. In a few moments the mixture will begin to drain out of the left nostril. Keep squeezing the bottle gently until you have used about half of the bottle.
7. Remove the tip and repeat on other side. You may gently blow your nose between nasal rinses.
8. Repeat the nasal rinses as ordered by your doctor.

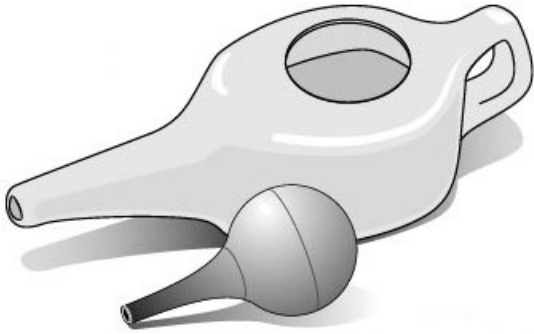
Number of times per day: \_\_\_\_\_

Total amount of solution to use: \_\_\_\_\_

### SinuCleanse™ System

1. Fill pot with saline solution.
2. Place tip of pot into nostril and tilt head as instructed.
3. You may gently blow your nose between nasal rinses.

4. Repeat the nasal rinses as ordered by your doctor.



Number of times per day \_\_\_\_\_.  
Total amount of solution to use \_\_\_\_\_.

### Guidelines

- Your syringe, spoons to measure and mixing container must be kept clean. Wash them once a day with hot soapy water, rinse and lay out to dry between uses. The SinuCleanse™ (neti pot) may be hand washed or in the top-rack of dishwasher.
- Do not share the bulb syringe or neti pot with anyone else.
- You may store the unused saline on the counter for 7 days.
- You may need to blow your nose a few times over the next 15 – 20 minutes after you do a nasal rinse as small amounts of fluid drain out.

### When to Call

Call your health care provider if you have any questions or concerns.

### Resources

Web site Sinucleanse.com

### Nasal Saline Recipe

#### Supplies

- **Pickling and canning salt (not table salt)**
- Baking soda
- Distilled, boiled or filtered faucet water
- A 1/4 or 1/2 teaspoon
- A measuring cup (8 oz size)
- Small airtight container

You can find pickling and canning salt at the grocery store with canning supplies.

#### Mix these dry ingredients:

- 3 heaping teaspoons of canning salt
- 1 rounded teaspoon of baking soda

Mix these well and store in an airtight container. This will give you enough to make several batches of nasal saline when mixed with water.

#### Making the Nasal Saline Mixture

1. Add a 1/4 to 1/2 teaspoon or less of the salt and soda mixture to 1/2 cup (4 oz) of warm distilled, boiled or faucet level filtered water.
2. Stir well to dissolve and use.

Once the salt and soda mixture dissolves in water, **it must be used in (7) days** to prevent bacteria from growing.

If the nasal saline causes a burning feeling in the nose, add less of the salt and soda mixture to water.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5437.