Micro-Filtered Nasal Wash System "Squeeze Bottle"

If more than one family member needs to use nasal saline, each person should **use their own bottle.** This will prevent spreading germs.

How the Squeeze Bottle Works

1. Pour the contents of 1 saline packet into the bottle.
2. Fill the bottle with warm tap water to the 8 oz mark. Test the water temperature before using. It should be close to body temperature.
3. Put the cap back on the bottle and tighten. Gently shake the bottle until the saline is dissolved.
4. Turn the bottle upside down so the comfort tip is facing up. Lean over the sink with your head bent down so you are looking into the basin. Place the comfort tip up to your right nostril and gently insert the tip so that it forms a comfortable seal. Aim the tip at the back of your head, not at the top of your head.
5. Squeeze the bottle gently so that the solution enters your right nostril. Do not inhale or "snort" the solution into your nose. **Breathe through your mouth.**
6. In a few moments the solution will begin to drain out of your left nostril. Keep squeezing the bottle gently until you have used about half of the solution. Remember to keep breathing through your mouth.
7. Remove the comfort tip from your nostril and then exhale through both of your nostrils to clean them of excess mucus and solution. Gently blow your nose into a tissue.
8. Repeat these steps on your left nostril with the rest of the solution.
9. To empty, hold the cap over the sink, unscrew the filter by turning the white ring on the bottom of the cap counterclockwise while holding the cap. Follow the cleaning instructions below.
10. Before next use, connect the filter making sure the black O-ring is seated above the filter base threads.

How to Clean It

- **Clean the bottle:** Rinse the bottle out with water and let it air dry.
- **Clean the comfort tip:** Remove the tip and clean with soap and water and put back together.
- **Clean the cap:** The outside of the cap can be rinsed with water and dried.
- **Drying:** Let all parts dry separately on the counter. **Do not** screw the filter and cap back together until the next use.

Type of Water to Use

You can use tap, distilled or store-bought bottled water with the micro-filtered system.

Warning: The micro-filtered system is meant as a final filter for tap water that is known to be safe for drinking. **Do not use with water that is unsafe or of unknown quality.**

How Long Micro-Filtered System Lasts

The micro-filtered system is certified to treat 50 gallons of water which is enough to fill the 8 oz bottle 800 times. This lets you use it up to 4 times a day for 6 months. Replace micro-filtered system 6 months after the first use or after 800 uses whatever comes first.

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

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 © 9/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7922.