



## Nasal Irrigation Instructions

### How to make 1 cup of salt water and irrigate your sinuses

1. You will need:

- salt
- baking soda
- nasal irrigation pot or teacup or you can use a baby bulb syringe
- measuring spoon (1/2 teaspoon, 1/4 tsp)

2. Mix the solution:

- Measure 1/2 tsp of salt and 1/4 tsp of baking soda into the container.
- Add one cup of lukewarm tap water.
- Stir

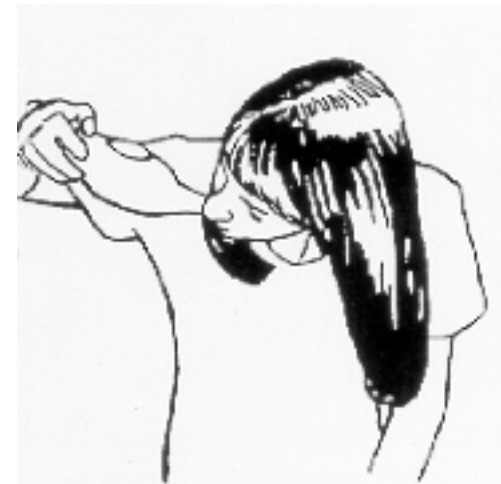
3. Position your head:

- Lean over the sink (about 45 degrees) so you are looking directly into the basin.
- Rotate your head (about 45 degrees) so that one nostril is above the other.
- Gently insert the spout of the nasal irrigation pot into the uppermost nostril so that it forms a comfortable seal. (Do not press the spout against the “middle”, or septum, of the nose)



4. Irrigate the nose:

- Breathe through your mouth and raise the handle of the filled nasal irrigation pot so that the solution enters the upper nostril.
- In a few moments, the solution will begin to drain from the lower nostril.
- When the nasal pot is empty, exhale gently through both nostrils to clear them of excess solution and mucus.
- Gently blow your nose into a tissue.



5. Repeat the procedure for the other nostril tilting your head to the other side.

- Wash nasal pot daily.

6. Troubleshooting

- If stinging or burning occurs, use a 1/2 tsp salt instead of 1 tsp to one pint water and decrease frequency to every other day. You may also try adjusting the temperature of the water slightly. Do not use very hot or very cold water.

**Nasal irrigation pots** can be purchased from Walgreen's and other pharmacies or health food stores.