



# Western Washington Medical Group

Ear, Nose & Throat, Allergy & Audiology

## Nasal Saline Rinse Recipe

### Ingredients

1. Pickling or canning salt-containing no iodide, anti-caking agents or preservatives (these can be irritating to the nasal lining)
2. Baking soda
3. 8 ounces (1 cup) of lukewarm distilled or boiled water

In a clean container, mix 3 teaspoons of iodide-free salt with 1 teaspoon of baking soda and **store in a small airtight container**. Add 1 teaspoon of the mixture to 8 ounces (1 cup) of lukewarm distilled or boiled water.

## How to Use/Clean a Sinus Rinse Bottle

**\*\*Always have clean hands and microwave your bottle with a ¼ inch of water for 30-60 seconds (depending on wattage of microwave) before each use \*\***

**Bottles can and will grow bacteria and mold if not microwaved before EVERY USE**

### Instructions:

1. Place the disassembled, empty bottle (open bottle, cap and tube) on a clean paper towel and microwave 30-60 seconds (less time if wattage is high/powerful >800 watts. DO NOT MELT BOTTLE)
2. Fill bottle to line with (distilled water or boiled water that has been cooled) If you prefer to have your distilled water warm this is ok
3. Always add one salt packet to each rinse
4. Add medications if they have been prescribed to you (budesonide, mupirocin or from specialty pharmacy)
5. Shake bottle and allow medications to dissolve or disperse
6. Lean over sink with mouth open, place tip to nose pointing away from septum, pointing towards the cheek. Gently squeeze the bottle into nose, using about half of the solution
7. Allow liquid to run out of the nose and or mouth, then repeat on the other side with the rest of the solution that is in the rinse bottle
8. After rinsing is done, rinse bottle and wash with regular liquid dish soap and rinse completely. Then add 1-2 capfuls of rubbing alcohol into the bottle, shake with cap and tubing. Dump and let air dry. Store in a clean dry place with all parts disassembled