

ENT Recipe for Nasal Saline Irrigation

Directions for Preparation and Use of the Solution:

Preparation

1. Clean a 1 quart glass jar carefully and fill it with bottled or distilled water — NOT TAP WATER.
2. Add 2-3 teaspoons of pickling or canning salt. Do not use table salt because it contains additives.
3. Add 1 teaspoon of baking soda.
4. Store at room temperature and shake or stir before each use.
5. Mix a new batch weekly.

Use

1. Pour some of the mixture into a clean bowl. Warming it to body temperature may help, but make sure it is not hot.
2. Fill the syringe or bulb. To avoid contamination do not put the bulb/syringe into the jar.
3. Stand over the sink or in the shower and squirt the mixture into each side of the nose several times.
4. Rinse the nose 2-3 times daily.

