



## Saline & Budesonide Nasal Irrigation instructions

1. Open rinse bottle and saline packet.
2. Open the Budesonide vial and add contents to the rinse bottle.
3. Add the salt packet in the rinse bottle as well. (If no salt packet is added, a slight burning sensation will occur).
4. If prescribed a topical antibiotic, add contents to rinse bottle along with saline and budesonide.
5. Fill rinse bottle with distilled water to the fill line close bottle with cap.
6. Cover the opening on the cap and shake the bottle well.
7. Lean over sink and gently squeeze  $\frac{1}{2}$  of the contents of the bottle into nostril. (Contents will leave opposite nostril).
8. Repeat step 7 on the alternate nostril.
9. Gently blow nose as needed.

NOTE: Please note the cleaning instructions that come with your irrigation bottle.

Even with proper cleaning, you should replace your rinse bottle every 3 months.

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