



MARIN ENT

Steroid Nasal Rinse Directions:

Take 1 ampule into 240cc of saline/sterile water. Take this mixture and divide into halves of 120cc. Use 60cc to irrigate each nostril in the morning and then in the afternoon use the remaining 60cc to irrigate each nostril in the evening.

- You can purchase saline/sterile water at the pharmacy.

To make your own Nasal Saline:

After boiling water, allow it to cool down to body temperature. Boiling will sterilize the water. Remember **do not** put boiling water in your nose. Take 8 oz. (1 cup) of sterilized water and add 1/4 tsp. salt and 1/8 tsp. baking soda. Mix this together and draw it up in a bulb syringe or water pik. It is not necessary to use all 8 oz., but this is the right proportion of each ingredient. In the shower, irrigate your nose. Hold your breath so that the saline water does not trickle down your throat. Check with your doctor about when you should start your irrigations and how frequently you should do it.

To make your own Sterile water:

After boiling water, allow it to cool down to body temperature. Boiling will sterilize the water. Remember **do not** put boiling water in your nose.