

## How to perform nasal irrigation

### The benefits

1. Saline (saltwater) washes the mucus and irritants from your nose.
2. The sinus passages are moisturized.
3. Studies have also shown that a nasal irrigation improves cell function (the cells that move the mucus work better).

### The recipe

Use a clean one-quart (spaghetti sauce or mayonnaise) glass jar.

Fill with warm (not hot) tap water. You do not need to boil the water. You may use bottled water if you want.

Add 1 and 1/2 teaspoons of pickling/canning salt. Do not use table salt, because it contains a large number of additives (to keep it from clumping).

Add 1 teaspoon baking soda (sodium bicarbonate).

Mix well, and store at room temperature. Discard after 1 week.



### The instructions

Irrigate your nose with saline one to two times per day.

You may use a large medical syringe (30 cc, plastic, no needle, available at pharmacy or medical supply store), a squeeze bottle, or a Neti pot. Do **not** use a baby bulb syringe. The syringe should be sterilized frequently or replaced every two to three weeks to avoid contamination and infection.

If you have been told to use a nose spray, irrigate your nose with your saline solution first. The medication is more effective when sprayed onto clean nasal membranes.

1. Pour the amount of fluid you plan to use into a clean bowl. Do not put your used syringe into the glass jar because it contaminates your solution.
2. You may warm the solution slightly in the microwave, but be sure that the solution is NOT HOT.
3. Bend over the sink (some people do this in the shower) and squirt the solution into each side of your nose, aiming the stream straight back, toward the back of your head (not toward the top of your head). It will not harm you if you swallow a little.

Some people experience a little burning sensation the first few times they use buffered saline solution, but this usually goes away after they adapt to it.