Steroid Nasal Irrigation

Steroid nasal irrigation is generally used to maximize the health of the sinuses in persons with a history of chronic sinus problems when they do not respond to typical medical treatment. Your doctor will give you a prescription for the steroid solution that is best for your symptoms.

Instructions:

1. A prescription will be given to you for pediatric Pulmicort respules and normal saline (salt water) solution.

2. Each day, add one ampule of pediatric Pulmicort respules (0.25mg/2ml) to 100 cc (about 3 ounces) of sterile normal saline in a clean jar or in your sinus bottle rinse.

3. Refrigerate the remainder of the opened normal saline.

4. If it has been in the refrigerator, you can warm the normal saline to room temperature with a microwave if preferred BEFORE MIXING. DO NOT USE A HOT SOLUTION.

5. Fill the bottle or syringe with the entire steroid mixture.

6. Insert either a squeeze bottle (preferred), a baby bulb syringe, or a water pik attachment gently into your nose an inch or less.

7. Lean your head over a sink.

8. Wash out your nose with half of the mixture on one side and the other half on the other side.

9. Perform nasal irrigation once or twice a day as instructed as long as directed.

10. If you use regular nasal saline (salt water) irrigations also, you should always use the steroid mixture after the regular saline rinse.

11. Change out the bottle, bulb, or syringe every two weeks.

For Questions or Emergency Care:
Call the office at 601-984-5160. You may need to speak with the doctor on-call.