

PATIENT INFORMATION SHEET

HOW TO USE A NASALINE



INSTRUCTIONS:



1. Arrange materials from the package. **Carefully read the instructions on prescribed medication labeling before continuing.** Disclaimer: Your package may not contain some products appearing in this picture.



2. Fill the medicine cup as directed on your medication bottle. Pull up the specified amount of the medication into the Nasaline® applicator as directed on your medication bottle.
3. Irrigate sinuses with medication in each nostril as directed.

TECHNIQUE: SLOWLY PUSH THE SOLUTION INTO THE NOSTRIL. BREATHE NORMALLY THROUGH THE MOUTH AND REFRAIN FROM SWALLOWING. OCCASIONALLY, SOME SOLUTION CAN TRICKLE DOWN THE THROAT. THIS IS NOT HARMFUL, BUT IF IT OCCURS, RINSE MOUTH/THROAT WITH WATER FOLLOWING APPLICATION.

FOR IN DEPTH TECHNIQUE INSTRUCTIONS VISIT OUR SINUS THERAPY PAGE: WWW.MCSPNC.COM/SINUS-THERAPY/

HOW TO MAKE SALINE FOR SINUS IRRIGATION

To Make One Gallon: (all ingredients available at a grocery store)

- 1 gallon of distilled water
- 8 teaspoons sea salt/canning/kosher salt
- 8 teaspoons baking soda

Instructions: Mix all ingredients in a clean container and shake well

An alternative to the above:

- 1 gallon of distilled water
- 16 Sinus Rinse Packets (available at the pharmacy)

Instructions: Mix all ingredients in a clean container and shake well

CLEANING

Pull the plunger from the cylinder and wash both parts with warm water and dishwashing detergent. Let air-dry. When not in use, it's recommended you store with the plunger inserted into the cylinder to prevent the rubber tip from swelling. If the plunger does not easily slide back into the chamber, put a drop of olive oil on the plunger's black rubber ring.

Address:

Medical Center Pharmacy
912 S. 16th Street Wilmington, NC
28401

Contact:

(910)763-1896 / (800) 930-8785

Follow us on social media:



@mcspwilmington

