Nasal Irrigation Instructions
Patient Education

Nasal irrigations provide moisture to the nasal passages. Irrigations clean the nasal passages of crusts and mucus and also help the natural cleaning system of your nasal passages. The following provides instructions on how to use nasal irrigations and make the solution; several different commercial products are also available.

1. You will need:
   - Salt (kosher, sea or pickling salt).
   - Baking soda.
   - Nasal irrigation pot.
   - Measuring spoon.
   - Liter container.

2. Mix the solution:
   - Measure 2 to 3 teaspoons of salt.
   - Measure 1 teaspoon of baking soda.
   - Add 1 quart of lukewarm water.
   - Stir to dissolve.
   - Fill nasal irrigation pot with this solution.

3. Position your head:
   - Lean over the sink so you are looking directly into the basin.
Rotate your head so that one nostril is above the other.  
- Gently insert the spout of the nasal irrigation pot into the uppermost nostril so that it forms a comfortable seal. Do not press the spout against the “middle” or septum of the nose.

4. Irrigate the nose:
   - Breathe through your mouth and pour the solution from the container into your nostril.
   - Water will drain from your other nostril into the sink.
   - Gently blow your nose.

5. Repeat the procedure for the other nostril:
   - Refill the nasal pot from the solution container.
   - Repeat steps 3 and 4 with the other nostril tilting your head to the other side.

If stinging or burning occurs, use less salt to the solution. Adjust the temperature of the water to your comfort – do not use very hot or very cold water. Nasal irrigation should be done 2 to 3 times a day or as directed by your physician. Clean nasal irrigation pot after each use.