



## *Steroid Nasal Irrigation*

Steroid nasal irrigation is generally used to maximize the health of the sinuses in persons with 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 normal saline in a clean jar.
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 HOT SOLUTION.**
5. Fill the syringe with the entire steroid mixture
6. Insert either a baby bulb syringe (preferred), a water pik, ear syringe, or 30cc medical syringe 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 a day 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. If you reuse a syringe, make sure you clean it vigorously at least once or twice a week to prevent bacteria from growing in the bulb.

### ***For Questions or Emergency Care:***

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.