

ENT



New Mexico
Ear, Nose, & Throat
Specialists, P.C.

FREDERICK FIBER, MD

*Specialties of the ear, nose and throat
Head and neck surgery*

Nasal Irrigation

1. To prepare normal saline for irrigation, mix one (1) heaping teaspoon of non-iodized salt and a one-half teaspoon of baking soda in a quart of water. If tap water is used, boil for five (5) minutes or until the salt is dissolved. Allow to cool and store in a refrigerator in a clean, covered jar. If distilled water or bottled water is used, boiling is not necessary.
2. Pour prescribed amount of solution into a clean container and warm it to a comfortable temperature. To test temperature, pour a small amount over the inner aspect of the wrist. It should feel slightly warm.
3. Fill bulb syringe with the irrigating solution.
4. Lean over the sink or basin.
5. Place the tip of the bulb syringe approximately 1/2 to 3/4 inch into the nostril.
6. Using gentle but even pressure, direct the solution into the nose. Keep head tilted forward and say "Kay-Kay-Kay" rapidly during the irrigation.

7. Continue irrigating until the prescribed amount of solution is used.
8. Repeat irrigation in the second nostril if directed by the physician.
9. After irrigation, wash bulb syringe with hot, soapy water. Rinse well and allow to dry. Store bulb syringe with the tip down in a clean glass or cup.

Instructions

1. Solution-
1 quart water (bottled, distilled, boiled)
1 teaspoon noniodized salt
1/2 teaspoon baking soda
2. Amount-
full bulb
3. Side to Irrigate-
both
4. Frequency-

