

Nasal Irrigation

Multiple different preparations of nasal saline irrigation are available over the counter. Further advice is available from local pharmacists.

Do not use these directly after topical steroid/ sympathomimetic treatment

Preparing a home-made formula

Follow these instructions to make enough nasal douche solution for four applications. Mix the following:

- 1 teaspoon of bicarbonate of soda
- 1 teaspoon of salt
- 1 pint of partly cooled boiled water (at body temperature)

How to use

- Cup the palm of one hand and pour a small amount of the water into it.
- Sniff the water into your nostril.
- Continue until your nose feels comfortable.

You are advised to make a fresh solution each time it is needed and sniff it up your nose. Some solution will pass into the throat via the back of the nose and should be spat out.