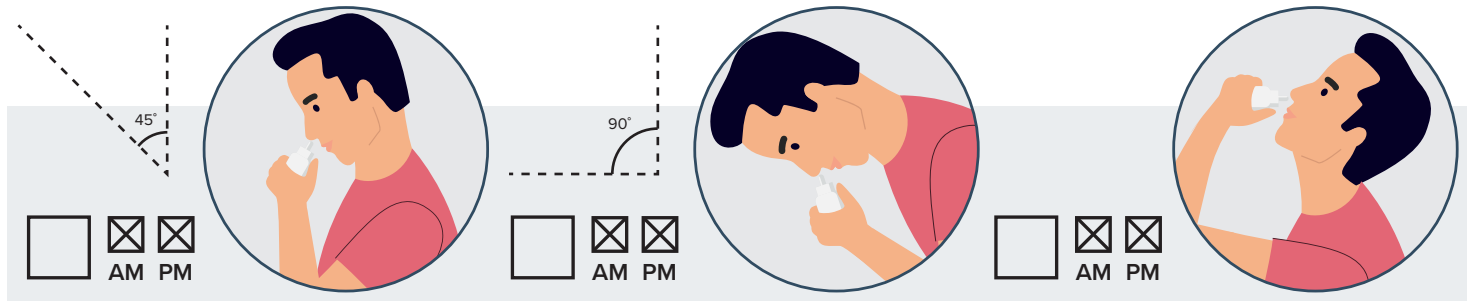


# NASAL IRRIGATIONS / NOSE SPRAYS

\* Only checked boxes

**PLEASE** continue treatment as instructed until the doctor tells you otherwise.

**NORMAL SALINE NASAL IRRIGATIONS—USE 2 TIMES PER DAY. Follow NeilMed® bottle instructions.**



1. Kneel down over a sink or bathtub with your mouth open; place the bottle or syringe tip in your nostril and squeeze. It should come out from the other nostril or from your mouth.
2. Exhale through your mouth as you irrigate; don't clench.
3. Microwave empty bottle for 2 minutes once daily to clean.

**BUDESONIDE NASAL IRRIGATION—USE 2 TIMES PER DAY.**

Instructions to mix solution:

1. Make 240cc of saline in the NeilMed® bottle using the salt packets or your own saline recipe.
2. Add the entire 2cc vial of liquid **Budesonide** (0.5mg/2mL) or **Mometasone** (0.6mg/2mL).
3. Irrigate with the head positioned as instructed, half on the Right and half on the Left.

**IF MEDICATION WAS SENT TO YOUR HOUSE, PLEASE FOLLOW THE INSTRUCTIONS SENT TO YOU.**

**INTRANASAL STEROID SPRAY**

(Fluticasone, FLONASE, Azelastine, Dymista®, QNASL®, Nasonex, Rhinocort Aqua, Veramyst).

**1. TWO SPRAYS** in each nostril.  Once a day  Twice a day

Use opposite hands to spray your nose; follow images below.



**RIGHT HAND, left nostril**



**LEFT HAND, right nostril**

Use **OTHER MEDICATION** sent to you by compound pharmacy as instructed.