

Preparing a steroid nasal douche



Once you have tried over the counter salt water sprays, intra-nasal steroid sprays and prescription nasal sprays and you have been advised that you need a higher volume of irrigation it is time to consider using a steroid nasal douche. Following the instructions below and you'll be irrigating like a pro in no time.

This is also recommended after sinus surgery so it is worth practicing before surgery.

You will need to acquire:

1. A Neilmed sinus rinse squeezezy bottle
2. Some Neilmed salt sachets
3. Budesonide (pulmicort) 1mg respules
OR fluticasone nasules 400mcg (precription only)
OR 10 drops of 0.1% betamethasone nasal drops,
to be used once or twice a day.
4. A thermometer (not essential)

Step 1: Boil some water; or used filtered sterile water.



Step 2: Fill the NeilMed sinus rinse bottle to the 240cc mark, with the boiled or sterile water.

Step 3: Add the NeilMed salt sachet and mix.

Step 4: Allow the water to **cool down** to room temperature.

Step 5: Add the steroid drops and mix.

Step 6: Place the nozzle of the bottle firmly into one nostril, lean over the sink and squeeze until the solution appears from the other side of your nose. Use half the contents on one side, and half on the other side.



Step 7: On completion, tilt your head as far forward as possible and rotate to both sides a few times and then allow all the residual liquid to come out of your nose, there is no need to forcefully blow. Its normal for some additional fluid to come out when you lie down.

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