

Nasal Saline Irrigation

Recommended For:

- viral upper respiratory infections (colds & flus)
- allergy symptoms

- nasal/sinus congestion
- post-nasal drip/chronic cough

Options:

- 1) Pre-Mixed Saline Solution
- 2) Homemade Saline Solution

Ingredients:

- 1 cup (240 mL) distilled or boiled & cooled water
- $\frac{1}{2}$ tsp non-iodized salt
- Optional: pinch of baking soda to reduce sting
- can use a squeeze bottle or cup to administer



Instructions:

- Lean over sink, tilt head sideways
- Insert the tip of the device into your nostril
- Squeeze or pour the solution in
- Ideally, allow the solution flow out of the other nostril, however, this is not necessary
- Blow your nose gently and repeat until nasal passage is clear

Prescription:

- start irrigating the nasal passages at the first sign of an infection OR after potential exposure to an infectious illness
- irrigate nasal passages at minimum every morning and evening
- repeat throughout the day, as often as needed, for the duration of the illness

The Evidence:

- decreased duration of illness by 2-3.5 days^{1,3}
- decreased viral load and transmission of illness to household contacts²
- decreased risk of hospitalization³
- decreased need for antibiotics¹

How It Works:

- physical removal of viruses, allergens & mucus
- improved functioning of the nasal tissues