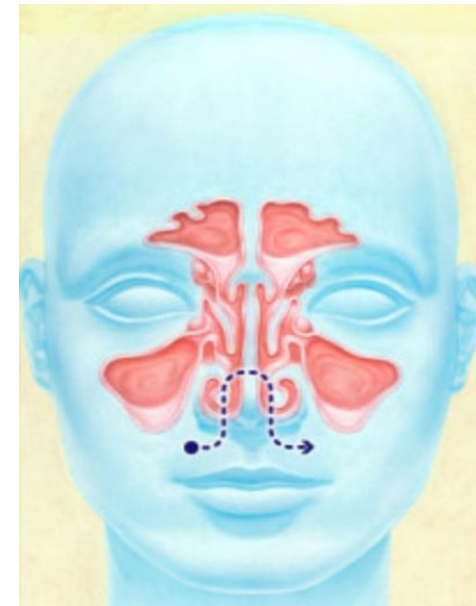


After use, clean the sinus rinse bottle, the cap and the nozzle using a bottle brush and detergent in hot water. Rinse thoroughly afterwards in warm water and air dry.



## Instructions for the Use of a Sinus Rinse



**Title of leaflet:** Sinus Rinse Instructions

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### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please be warned that it is always subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

You have been advised by your healthcare professional to use a sinus rinse to help treat your nasal symptoms. Please follow the steps below for the correct technique.

1. Wash your hands with soap and water.
2. Follow the manufacturers instructions to make up the solution.
3. Alternatively, you can make your own mixture by mixing **½ teaspoon of bicarbonate of soda, with ½ teaspoon of salt, dissolved into 1 pint of boiled water.** Leave to cool before use with a nasal douching bottle.
4. Bend forward over a sink. Tilt your head down and breathe through your mouth.

5. Put the nozzle tip into one of your nostrils. Keep your mouth open so the mixture can drain from your mouth and the opposite nostril
6. Squeeze the bottle gently until approximately half of the solution is used in one nostril.



7. Get your head up and breathe through your mouth.
8. Sniff in the remaining solution to help clear out the back of your nasal passages
- 9 Tilt your head to the opposite side to expel any solution from your sinuses and nasal passages & spit any solution that reaches the back of your throat.
10. Repeat steps 4-9 for the other nostril, using the rest of the solution once daily