

UCDAVIS *HEALTH SYSTEM*

NORMAL SALINE HOME USE

EQUIPMENT:

1. Saucepan, 1 quart
2. Metal tongs
3. Clean glass pint jar with lid (16 ounces)
4. Table salt - 1 (one) teaspoon
5. Tap water

PROCEDURE:

1. Place jar, lid and metal tongs in saucepan.
 Allow handle of tongs to protrude from saucepan.
2. Fill the pan with tap water to cover the jar.
3. Boil the water for 30 minutes.
4. After it has boiled for 30 minutes, allow it to cool until you can touch the tongs.
5. Pick up the jar with the tongs and place it on a table.
6. Fill the jar with boiled water from the saucepan.
7. Measure one teaspoon of salt and place it in the jar.
8. Using the tongs, place the lid on the jar.
9. Tighten the lid and shake the solution to mix thoroughly.
10. Store the solution in a refrigerator and use for three days.
11. Instill saline solution using a standard eyedropper or atomizer.
12. Discard the unused portion after three days
(Repeat the above procedure to prepare more solution)

**Department of Otolaryngology, Head and Neck Surgery
University of California, Davis**

UC DAVIS

HEALTH SYSTEM

NORMAL SALINE FOR NASAL IRRIGATIONS HOME USE

EQUIPMENT:

1. Saucepan, 1 quart
2. Metal tongs
3. Clean glass pint jar with lid (16 ounces)
4. Table salt -3 teaspoons
5. Baking soda - 1 teaspoon
6. Tap water

PROCEDURE:

1. Place jar, lid and metal tongs in saucepan.
Allow handle of tongs to protrude from saucepan.
2. Fill the pan with tap water to cover the jar.
3. Boil the water for 30 minutes.
4. After it has boiled for 30 minutes, allow it to cool until you can touch the tongs.
5. Pick up the jar with the tongs and place it on a table.
6. Fill the jar with boiled water from the saucepan.
7. Measure 3 teaspoons of salt and 1 teaspoon of baking soda
and place it in the jar.
8. Using the tongs, place the lid on the jar.
9. Tighten the lid and shake the solution to mix thoroughly.
10. Store the solution in a refrigerator and use for three days.
11. Discard the unused portion after three days
(Repeat the above procedure to prepare more solution.)

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HEALTH SYSTEM

NASAL SALINE IRRIGATIONS

EQUIPMENT REQUIRED

1. Syringe with soft tip or bulb syringe
2. Nasal saline 8 ounces/one cup
3. Bleach for cleaning equipment
4. Tap water

TECHNIQUE

1. Fill syringe with nasal saline (room temperature)
2. Place tip of syringe into nostril and aim for the inside corner of your eye
3. Lean head forward over a sink, this can also be done in the shower or bath
4. Squirt saline slowly into your nose.
5. Some saline should come out the other nostril or mouth
6. Repeat for both nostrils until at least 8 ounces of one cup is used.
7. Repeat *one to four* times a day *as your physician directs*.

CLEANING OF EQUIPMENT

*Improper cleaning can result in another infection.
Please follow these instructions carefully.

Clean syringe with weak bleach solution daily.
One tablespoon per *quart* of water

Syringe should be opened to drain completely dry between uses.