

Steroid nasal irrigations are generally used to maximize the health of the sinuses in people with a history of chronic sinus problems when they do not respond to typical medical treatment.

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1. You will be given a prescription for pediatric Pulmicort respules, which will be added to the salt water (saline) solution. For the saline irrigation solution, we recommend NeilMed salt packets and rinse bottles, which can be purchased at your local pharmacy. See our “**Sinus Rinse Instructions**” handout for saline irrigation mixing.
2. Every day, add one ampule of the pediatric Pulmicort respules (0.25mg/2ml) to 100 cc (about 3 ounces) of saline solution in a clean sinus rinse bottle and gently mix.
3. Stand over sink and tilt head downwards.
4. Keep your mouth open and do NOT hold your breath. Place cap in nasal passage, and gently squirt. The solution should begin to drain from the opposite nasal passage, and some may drain from your mouth. Squeeze bottle until $\frac{1}{4}$ to $\frac{1}{2}$ of the bottle is used. Do NOT swallow solution.
5. Blow nose gently. In addition, sniff in gently once or twice (this will clean out the area at the back of the nasal passage). If some solution reaches the back of your throat, spit it out.
6. Repeat steps 3-5 with other nasal passage.
7. Perform nasal irrigations once or twice a day as instructed for as long as directed.
8. If you use regular nasal saline (salt water) irrigations also, you should always use the steroid mixture after the regular saline rinse.
9. Directions are in the box regarding sinus bottle cleaning methods.

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