

Sinus Rinse with Manuka Honey

Using the NeilMed Sinus Rinse bottle

Steps to Follow

Do your sinus rinse 2 times a day, in the morning and at night. Follow these steps each time:

1. Wash your hands well.
2. Before using the bottle and straw, check for any color changes or cracks. Throw away any supplies that have these issues.
3. Fill the clean bottle with 8 oz. (240 mL) of:
 - Water that has been distilled, filtered through a 0.2 micron filter, or filtered by reverse osmosis;
 - Commercially bottled water; or
 - Tap water that was boiled and cooled
4. You may warm the water in a microwave. Heat for only 5 to 10 seconds at a time. Test the solution on the back of your hand to make sure it is warm, not hot. If the water is hot, it could damage the device or scald your nasal passage. Most people say that a warm solution is the most comfortable.
5. Empty the NeilMed Sinus Rinse packet into the bottle. You can also use 1 teaspoon of your homemade mix (see page 3).
6. Add 1 tablespoon of Comvita Manuka Honey UMF 15+ 250 gr/8.8 Oz.
7. Tighten the cap and straw on the bottle. Place 1 finger over the tip of the cap. Swirl or shake the bottle gently to dissolve the mixture.
8. Stand in front of a sink. Bend forward slightly and tilt your head down. Keep your mouth open but do not hold your breath. Place the cap near 1 nostril.



Pour 8 oz. water into the bottle



Add the packet or homemade mix



Do your sinus rinse

9. Gently squeeze the bottle until the solution drains from the opposite nostril.
10. Say “ka-ka-ka” to help keep the solution from going down the back of your throat. Do **not** swallow the solution. If it is in the back of your throat, spit it out.
11. Squeeze until half of the bottle (120 mL or 4 oz.) is used.
12. Repeat on other side.

Notes

- Sometimes the solution can pool in the sinus cavities and nasal passages. It will then drip from your nostrils hours after rinsing. This is harmless, but can be bothersome. To keep this from happening:
 - After rinsing, lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and saline solution.
- If your provider prescribed a nasal spray, use it 10 to 15 minutes **after** doing the rinse. Do **not** use the nasal spray before you rinse.
- To watch a 1-minute video on how to do a nasal rinse, visit www.youtube.com/watch?v=DYZDeiOVJx0.

How to Clean the NeilMed Sinus Bottle

1. Rinse the bottle, straw, and cap with running tap water.
2. Fill the bottle with lukewarm water that has been distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled.
3. Add a few drops of dish washing liquid or baby shampoo.
4. Attach the cap and tube to the bottle. Hold 1 finger over the opening in the cap and shake the bottle well.
5. Squeeze the bottle hard. This helps the soapy solution clean the inside of the tube and the cap. Empty the bottle all the way.
6. Rinse the bottle, cap, and tube well. Make sure all the soap is washed away. Place the items on a clean paper towel to dry.
7. For an extra step, place the bottle, cap and straw in the microwave for 40 seconds. This will disinfect the bottle, cap, and tube.

Notes

- If the microwave has been used recently, make sure that the inside of the microwave has cooled back down to room temperature before using it to disinfect the bottle.
- Do **not** use a dishwasher to clean the inside of a bottle.
- If you see any color changes or cracks in the bottle, throw it away and use a new one.
- Replace your bottle every 3 months.
- To read the NeilMed Disinfection Protocol, visit this website: www.neilmed.com/usa/use_npsr.php.

How to Make Your Own Saline Rinse

- Buy these supplies:
 - Pickling, canning, or kosher salt that does **NOT** contain iodide, preservatives, or anti-caking agents
 - Baking soda
- In a clean bowl, mix 3 teaspoons of salt with 1 teaspoon of baking soda.
- Store in a small, airtight container.
- When doing your rinse, add 1 teaspoon of this mixture to the water (see step 5 on page 1).

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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