

# How to Make Saline for Sinus Irrigation

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## **To Make One Gallon:** (all ingredients available at a grocery store)

- 1 gallon of distilled water
- 8 teaspoons sea salt/canning/kosher salt
- 8 teaspoons baking soda
- Shake well

## **An alternative to the above:**

- 1 gallon of distilled water
- #16 Neilmed Sinus Rinse Packets (available at the pharmacy)
- Shake well

The irrigation solution should be stored at room temperature. It should be used for irrigations at body temperature. Before irrigations, if needed, warm the solution by placing one cup of the buffered saline solution in the microwave for 20 – 30 seconds on high. Test the temperature of the solution by placing your finger in it. If the saline feels cool, it is too cold. If the saline feels warm, it is too warm. If you cannot tell, it is body temperature and is good to use.