How to Use NeilMed® Sinus Rinse™

Step 1
Please wash your hands. Prepare the clean NeilMed® Sinus Rinse™ bottle with EITHER 240ml of distilled water and one NeilMed® packet OR with the provided normal saline (0.9% sodium chloride USP) as directed. Add medication (either 10ml, 15ml, or contents of 1 capsule) to the NeilMed® bottle as directed on medication label. Tighten the cap & tube on the bottle securely, place one finger over the tip of the cap and shake the bottle gently to mix saline and medication.

Step 2
Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open without holding your breath, place cap snugly against your nasal passage and SQUEEZE BOTTLE GENTLY until the solution starts draining from the OPPOSITE nasal passage or from your mouth. Do not swallow the solution.

Step 3
Blow your nose gently, without pinching your nose completely because this will apply pressure on the eardrums. If tolerable, sniff in any residual solution remaining in the nasal passage once or twice prior to blowing your nose as this may clean out the posterior nasopharyngeal area (the area at the back of your nasal passage). Some solution will reach the back of the throat, so please spit it out. To help improve drainage of any residual solution, blow your nose gently while tilting your head to the opposite side of the nasal passage that you just rinsed.

Step 4
Now repeat steps 2 & 3 for your other nasal passage. Irrigate sinuses with 120mL through each nostril twice daily.

Cleaning:
Clean the device with soap and water and shake off any excess water. Place the bottle, cap and tube in the microwave for 60 to 120 seconds. This will disinfect the bottle, cap and tube as recommended.

For more information on the NeilMed® Sinus Rinse™ product, please visit: www.neilmed.com