

Online Supplementary Material

Rabago D, Barrett B, Marchand L, Maberry R, Mundt M. Qualitative aspects of nasal irrigation use by patients with chronic sinus disease in a multimethod study. *Ann Fam Med.* 2006;4:295-301.

<http://www.annfammed.org/cgi/content/full/4/4/295/DC1>

## Supplemental Appendix. Nasal Irrigation Instructions

- How to make 1 pint of salt solution *and*
- How to use a nasal irrigation cup

### 1. You will need

- Salt (kosher, canning or pickling salt)
- Baking soda
- Nasal irrigation cup
- Measuring spoon (½ teaspoon)
- Pint container

### 2. Mix the solution

- Measure 1 heaping teaspoon of salt and ½ teaspoon of baking soda into the pint container.
- Add 1 pint of lukewarm tap water.
- Stir.
- From 1-pint container of solution, fill nasal cup.

### 3. Position your head

- Lean over the sink (about 45°) so you are looking directly into the basin.
- Rotate your head (about 45°) so that one nostril is directly above the other.
- Gently insert the spout of the nasal cup into the uppermost nostril so that it forms a comfortable seal. (Do not press the spout against the nasal septum).

### 4. Irrigate the nose

- Breathe through your mouth and raise the handle of the filled nasal irrigation cup so that the solution enters the upper nostril.
- In a few moments, the solution will begin to drain from the lower nostril.
- When the nasal cup is empty, exhale gently through both nostrils to clear them of excess solution and mucus.
- Gently blow your nose into a tissue.

### 5. Repeat the procedure

- Refill the nasal cup from the 1-pint solution container.
- Repeat steps 3 and 4 with the other nostril, tilting your head to the other side.
- The solution may kept at room temperature for 2 days.
- Wash nasal cup daily.

### 6. Troubleshooting

- If stinging or burning occurs, (1) use ½ - ¾ teaspoon salt to 1 pint water, (2) decrease frequency to every other day.

