



BUDESONIDE IRRIGATION INSTRUCTIONS

What you will need:

1. Prescription of Budesonide (Pulmicort)
2. Bottle of nasal saline irrigation (E.g. Neilmed). This can be purchased over the counter at your local pharmacy or retail store.
3. Prepackaged salt packets (E.g. Neilmed) or kosher salt and baking soda.
4. Distilled water or tap water that has been boiled and allowed to cool

What you will need:

1. Mix salt/baking soda ($\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon baking soda) or prepackaged salt packet with 8 ounces of distilled water or boiled tap water that has been allowed to cool in the irrigation bottle.
2. Add liquid medication from one ampule of budesonide medication to 8 ounce bottle.
3. Replace the lid and shake well to mix the medication & saline.
4. Rinse one nostril with 4 ounces of the bottle contents and then rinse the other nostril with the remaining 4 ounces.
5. Perform this irrigation once or twice a day as instructed.