



MGHA Allergy & Asthma
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Nasal Washing Instructions

The purpose of nasal washes is to cleanse the nose and sinuses of mucous and bacteria. This helps keep the nasal passages open, reduces or prevents formation of nasal polyps and increases effectiveness of nasal medications.

Cleanliness is important. Never put the bulb syringe in the container of normal saline (always pour the amount you will use into a clean cup or glass). If using a bulb syringe, be sure to rinse with cool soapy water, then rinse with clear tap water after every use (outside and inside).

Air dry and drain by storing pointed end down in a cup or glass with a clean paper towel in the bottom. It may be disinfected weekly with a dilute bleach solution. Be sure to rinse well. Use clean utensils. Wash your hands before and after doing the nasal washing.

Draw up a small amount of normal saline in the bulb syringe. While bending over the sink or tilting head to one side, inject the saline into the nostril. Blow your nose and cough to clear out the solution and secretions.

The bulb syringe may be used to suction secretions from an infant. Repeat on the other nostril. Follow with nasal spray medication after 30 to 60 minutes, if ordered by your doctor.

You will feel the medication pass over the back of the throat. Spit it out; it is best not to swallow the salt solution. Blow your nose gently and cough to clear out solution and secretions. Repeat until the return is clear.

To make your own (normal saline solution for nasal washing) you will need to make the solution fresh daily in order to prevent contamination.

- 2 cups (1 pint) distilled water
- 1 teaspoon non-iodized salt
- 1 pinch of baking soda
- Mix well and use at room temperature.

