

Using Your Prescription Nasal Rinse

Step 1: Fill the Bottle with Distilled, Filtered Water

With clean hands, fill the bottle with 240mL (to the dotted fill line) of lukewarm distilled, filtered or previously boiled water. Do not use tap water unless it has been previously boiled to kill bacteria.



Step 2: Add Contents of 1 Capsule and 1 Sinus Rinse Packet into Bottle

Carefully open one prescription capsule **AND** one NeilMed® sinus rinse mixture packet, and pour the contents of each into the bottle.



Step 3: Tighten and Shake Bottle to Dissolve Solution

Tighten the cap and tube on the bottle securely. Place one finger over the tip of the cap, and shake the bottle gently to dissolve the mixture.



Step 4: Rinse Each Nostril with 120mL of Solution

While standing over a sink, bend forward and rotate head slightly such that the cheek is toward the sink on the side the bottle is being used (i.e., if rinse is being performed into right nostril, the right cheek should be pointed slightly downward). With this position, you are trying to fill the cheek sinus with solution. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. SQUEEZE BOTTLE GENTLY until the solution starts draining from the OPPOSITE nasal passage. Some may drain from your mouth. Do not swallow the solution. After finishing the rinse, turn the head from side to side to allow the solution to come out of the sinus cavity.



IMPORTANT: Clean bottle and cap after each use.

If you have any questions about the proper use of your nasal rinse, please call WeCare Pharmacy at (540) 428-7002.

