

**Scottish Adult Cystic Fibrosis Service
Western General Hospital
Edinburgh**

Instructions for Salt Water Sinus Rinse

How to make it up:

Rinse out a 500ml bottle or other container and fill it with water (you don't have to boil the water first). If you prefer, you can use a 1.5 litre bottle, though you would need to triple the ingredients below.

- 1) Add one heaped teaspoon of ordinary table salt and half a teaspoon of bicarbonate of soda.
- 2) Shake the bottle before each use and store at room temperature. After a week, throw away any mixture left and make a new batch. If the mixture seems too strong, try using half a teaspoon of salt per 500ml of water.

How to rinse your nose:

- 1) You should rinse your nose 2-3 times daily with a sinus rinsing bottle (ask CF clinic for supply).
- 2) Before rinsing make a 'K' sound with your tongue. This closes off the back of your throat.
- 3) Stand over a sink and squirt approximately 100ml up each side of your nose, towards the back of your head but not up to your eyes.
- 4) You should be able to spit some of the salt water out of your mouth or down your other nostril; it doesn't matter if you swallow some.
- 5) Blow your nose gently when finished.
- 6) You may notice a slight burning feeling at the back of your nose, this is nothing to worry about.

If you notice any adverse effects such as bleeding then report this to the CF clinic at your next appointment.