

CALIFORNIA SINUS INSTITUTE

NASAL IRRIGATIONS

Betadine

Directions: Mix 10ml (2 tsp) of Betadine solution into 1 liter of distilled water or 2.5 ml (1/2 tsp) into 250 ml. Irrigate both sides of your nose with 60ml of this solution twice a day. Betadine stains, so this may be best done in the shower or over a sink.

Warning: Betadine contains iodine. Do not use if you have an allergy to iodine.

Shampoo (Johnson's & Johnson's Baby)

Directions: Mix 10 ml (2 tsp) of baby shampoo into 1 liter of your saline solution or 2.5 ml (1/2 tsp) into 250 ml (1 sinus rinse bottle). Irrigate both sides of your nose with 125 ml of this solution twice a day.

Amphotericin B

Directions: Your *pharmacist* should mix 100 mg (two vials of 50 mg) of IV Amphotericin B into a liter of distilled water. First irrigate each side of your nose with 60 ml of hypertonic saline solution. Then irrigate each side of your nose with 20 ml of the Amphotericin B/distilled water solution. Do this twice a day.

Gentamicin

Directions: Your *pharmacist* should mix an 80 mg vial of IV Gentamicin into 500 ml of normal saline. First irrigate each side of your nose with 60 cc of hypertonic saline solution. Then irrigate each side of your nose with 60 cc of the Gentamicin/saline solution. Do this twice a day.

Pulmicort Respules

Directions: Mix 1 pulmicort respule (0.5 mg/2 ml) into 250 ml of your saline solution (one Sinus Rinse bottle). Irrigate both sides of your nose with 125 ml of this solution twice a day.

To administer Pulmicort Respules via **20 ml MAD** spray bottle you should combine:

- **10 ml** or **2 tsp.** of sterile water/saline (e.g. contact lens solution)
- **10 ml** of pulmicort (0.5mg/2ml) or **5** respules into the bottle

Irrigate first with your saline and then use two sprays into each nostril twice a day of your mixture of pulmicort and water.

Reference: 1 liter = 1000 cc or ml = 32 oz = 4 cups

½ liter = 500 cc or ml = 16 oz = 2 cups

¼ liter = 250 cc or ml = 8 oz = 1 cup or 1 Sinus Rinse bottle

2 tsp = 10 ml, 1 tsp = 5 ml, ½ tsp = 2.5 ml