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## Colorado Springs Allergy & Asthma Clinic

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# NASAL IRRIGATION

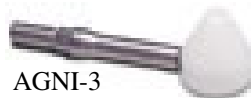
### **Instructions for Dry Mix:**

- Add equal portions of regular table salt (NaCl) and baking soda to an air tight container and shake to mix well. For example: mix 1/2 cup salt and 1/2 cup baking soda.

### **Equipment needed:**



1. WaterPik™ (WP-60, WP-70, or WP-100) Available from local retail stores.
2. Nasal Adapter for the WaterPik™ model # AGNI-3 for the WP-60 or WP 70
3. Nasal Adapter AGNI-4 for the WP-100 model
3. Dry Mix of salt and baking soda



AGNI-3



AGNI-4

### **Instructions for Nasal Irrigation:**

1. In the irrigation well of the WaterPik™, place **one teaspoon** of the dry mix.
2. Add **25-30 ounces** of luke warm tap water to the irrigation well and stir.
3. Occlude each nostril individually and inhale to assess the most obstructed side. **You will use this side to irrigate!**
4. Tilt your head forward, over the sink, until it's almost in the "Hair-washing" position and you're looking straight down into the sink.
5. With the adapter securely attached to the WaterPik™, Hold the tip of the adapter **firmly** in the more obstructed nostril to form a seal.
6. The solution should run up one side and out the other without problem. Should the solution spill over into the mouth, **tilt the head forward slightly to correct or turn down the flow**. If the solution does not drain out the other nostril, it may be more obstructed and should be irrigated first.
7. **ALWAYS** remember to breathe through your mouth and when the solution stops flowing, turn the WaterPik™ off.

### **Clean up:**

- After turning the WaterPik™ off, **rinse out the bowl** and **run some clear water through your WaterPik for 10-15 seconds** to rinse out the tubing.

### **Specific instructions:**

- The first few irrigations may produce some mild burning or stinging, which you may even feel in your ears. This is quite normal and does **NOT** mean that the solution is going into the ears. With more and/or more frequent irrigations, these sensations should resolve.
- **ALWAYS** do the **first** irrigation in the morning when you get up, do a **second** irrigation when you arrive home from work or school if possible, and do a **third** irrigation prior to bed at night.
- **Remember to use your Nasal Spray AFTER you Irrigate!**