

# BUDESONIDE (PULMICORT) +SALINE IRRIGATION/RINSE

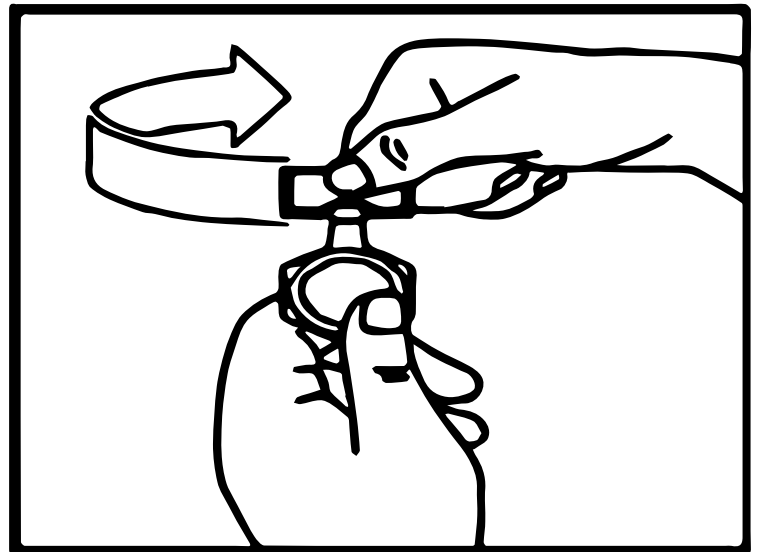


## Post-Operative Instructions

Budesonide (Pulmicort) is an anti-inflammatory steroid medication used to decrease nasal and sinus inflammation. It is dispensed in liquid form in a vial. Although it is manufactured for use with a nebulizer, we intend for you to use it with the NeilMed Sinus Rinse bottle (preferred) or a Neti pot.

### Instructions:

1. Make 1 cup of saline in the NeilMed bottle using the salt packets or your own saline recipe:
  - 1 cup warm water
  - 1/4 tsp. salt
  - 1/4 tsp. baking soda
2. Add the entire 2 mL vial of liquid budesonide (Pulmicort) to the rinse bottle and mix together.
3. While in the shower or over the sink, tilt your head forward to a comfortable level. Put the tip of the sinus rinse bottle in your nostril and aim it towards the crown or top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out from either nostril or through your mouth. Try not to swallow the solution and spit it out instead. You may try “panting like a dog” or leaning over even farther to avoid it from coming out your mouth.
4. Perform budesonide (Pulmicort) + saline irrigations twice daily.



Budesonide (Pulmicort) vial to be twisted open before emptying into Neilmed Sinus Rinse bottle or a Neti pot.