

RED RIVER E.N.T. ASSOCIATES

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PULMICORT NASAL IRRIGATION INSTRUCTIONS

1. FILL BOTTLE WITH **WARM DISTILLED WATER**
2. ADD SALT PACKET TO BOTTLE
3. IRRIGATE ONE NOSTRIL WITH 1/3 SALT WATER SOLUTION
4. IRRIGATE OTHER NOSTRIL WITH 1/3 SALT WATER SOLUTION
5. ADD PULMICORT RESPULE TO LAST THIRD OF SALT WATER SOLUTION AND IRRIGATE BOTH NOSTRILS
6. IRRIGATE TWICE PER DAY OR AS DIRECTED BY PHYSICIAN

NOTE:

DISTILLED WATER CAN BE BOUGHT IN ANY GROCERY STORE; OR YOU CAN BOIL WATER AND STORE IT IN THE REFRIGERATOR. **DO NOT PUT BOILING OR COLD WATER INTO THE NOSE.**