

Allergy & Immunology,  
PLC's  
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## **Nasal Rinse Instructions**

Mix 1¼ tsp salt and ¼ tsp baking soda in 1 quart of water.  
Use this solution as a nasal lavage.

## **Nasal Saline Spray Instructions**

Steps taken in the use of a nasal spray include the following:

1. ***When you spray your nose, look at your toes.*** Tilt your head to the side of the nostril that you are spraying (i.e., right nostril, right side).
2. With tissue in hand, you should proceed to spray the medication in your nose. The tip, however, should be directed toward the middle of the eye on the side of the nostril you are spraying.
3. After spraying into each nostril, with a tissue in hand, massage both sides gently, pinching out any excess fluid into the tissue.
4. A gentle sniff is acceptable, if needed.