

Nasal irrigation instructions

Gentamicin nasal irrigations (typically for Pseudomonas infections)

Add one ampule of gentamicin (80mg/2mL) to your 240mL rinse bottle. Only fill the bottle with 60mL (one quarter full). Irrigate once or twice a day as directed.

Budesonide (pulmicort) nasal irrigations (for chronic rhinosinusitis and nasal polyp disease)

Follow the instructions to prepare your 240mL rinse bottle with saline as normal. After filling the bottle to the top line, add the salt packet (as normal) and then add one respule of budesonide. Shake the bottle well to ensure that everything is dissolved. Rinse 60mL (one quarter) into each nostril. This will use half the bottle in the morning. Then rinse the other half of the solution in the evening.

Mupirocin solution (typically for Staph aureus infections)

We usually organise for this to be prepared as a compound solution. Two litres are provided with 0.05% mupirocin solution. Draw up 10mL and squirt half into each nostril twice a day.

This solution can also be prepared by adding one teaspoon of Bactroban nasal ointment to a 240mL bottle of nasal saline. It is important to use hot water as opposed to warm water to assist with dissolving the Bactroban. Shake the bottle very well before use. Allow the solution to cool before using in the nose.

Diprosone solution

2.5cm of Diprosone OV 0.5mg/g cream (30g tube) placed in rinse bottle.

Saline Solution Recipe

- 1/2 Litre of Water (boiled then cooled to room temperature)
- 1 teaspoon Salt
- 1/4 teaspoon bicarbonate of soda
- Mix together and wash through nose once a day