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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Saline Nasal Douching

Ear Nose and Throat Directorate

What is saline nasal douching?

Salt water is known as saline. There are many studies showing that using saline to wash the lining of the nose (douching) is very beneficial for people who suffer with a variety of nasal problems. For example people who suffer from chronic nose and sinus problems (chronic rhinosinusitis), those who have had nasal surgery, those with dryness in the nose, and many more.

Recent studies have found that the addition of two to three drops of baby shampoo to the salt water makes it more effective than salt water alone.

Saline douching is very safe and simple to use. There are various commercially available saline douches available to buy, but saline can be made at home very cheaply by following the recipe below, and studies have shown this to be as effective and safe as the commercial saline douches.

If you would prefer to buy the commercially available saline douches there is a list at the end of this leaflet with information on the different douches available.

How to make the saline solution

Place 240 mls of water that has been previously boiled and allowed to cool to room temperature, in a clean container (or NeilMed Sinusrinse bottle/Neti Pot).

Do not use water straight from the tap.

Dissolve a flat ½ teaspoon of ordinary salt in the water.

Put two to three drops of baby shampoo (or other non-perfumed shampoo) into the water.

This mixture can be kept for 24 hours. Please make a fresh saline solution every day.

How to douche your nose

- Use a syringe or Neilmed Sinusrinse bottle.
- Using a 50ml syringe, draw up 50 mls of your saline solution.
- Or put all 240mls of your saline solution into the Neilmed Sinusrinse bottle.
- Put your head forwards over a sink.
- Put the nozzle of the syringe/ bottle in one nostril.
- Squirt half the mixture into one nostril.
- If the mixture should come into your mouth - spit this out.
- If you swallow the mixture it will do you no harm.
- Blow your nose gently.
- Then repeat on the other side.
- Rinse your nose in this way two to four times a day.
- After douching rinse the syringe/ bottle in warm, soapy water. You may wish to use a sterilising solution such as Milton every week to clean the syringe or bottle.



With a Neti Pot

- Put 240mls of the saline solution into the Neti Pot and tighten the lid.
- Put your head forward over a sink.
- Tilt your head to one side.
- Place the tip of the device snugly against your nostril and allow the solution to flow until it starts draining from the opposite nostril.
- Use roughly half the solution in one nostril.
- It should not enter your mouth unless you are tilting your head backwards.
- To adjust or stop the flow, you may place your finger over the hole of the cap, and depending on the seal, you may be able to control the flow.
- If the mixture should come into your mouth - spit this out.
- If you swallow the mixture it will do you no harm.
- Blow your nose gently.
- Then repeat on the other side.



Rinse your nose in this way two to four times a day.

After douching rinse the syringe / bottle in warm soapy water. You may wish to use a sterilising solution such as Milton every week to clean the Neti pot.

Further Information

**ENT Clinic
Alexandra Wing,
Broadgreen Hospital,
Thomas Drive
Liverpool L14 3LB
Telephone number: 0151 706 2597
Text phone number: 18001 0151 706 2597**

Commercially available saline douching aids:

**NeilMed Sinusrinse
www.neilmed.com**

**Neilmed Neti Pot
www.neilmed.com**

**Isotonic sterimar www.sterimarnasal.co.uk.
Sterimar is also available as hypertonic solution. Do not use this
unless advised by your doctor.**

**You may be able to buy these products more cheaply from other shops
or internet sites.**

With the NeilMed products you can use your own saline solution.

**Isotonic sterimar is not refillable; you will need to buy a new bottle
when your old one is empty.**

**Extra sachets of salt are available to purchase from the same place you
bought your netipot or sinus rinse bottle.**

**If you prefer to continue using the commercially available salt
sachets please follow the instructions in the box rather than the
instructions in this leaflet.**

**Please note: the Trust is not responsible for any items purchased
from external companies.”**

**Author: Ear Nose and Throat Specialty
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically

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