

Budesonide(Pulmicort) plus Saline Rinse

Budesonide irrigations are an off-label use of this medication. However, several studies have been performed that have established the long-term safety of use of this medication.

In order to decrease nasal and sinus inflammation, Budesonide (Pulmicort), may be prescribed. Budesonide (Pulmicort) is an anti-inflammatory steroid medication dispensed in liquid form in a vial.

See instructions below on using Budesonide (Pulmicort) with a sinus rinse bottle or a Neti pot.

Instructions:

1. Make a full bottle of saline in the sinus rinse bottle using the included packets or your own saline recipe
2. Add the entire 2cc vial of liquid Budesonide (Pulmicort) to the rinse bottle and mix together.
3. While over the sink, or in the shower, tilt your head forward. Put the tip of the sinus rinse bottle in your nostril and aim it towards the top of your head. Gently squeeze the bottle to flush out your nose. The fluid will come back out either nostril or through your mouth. Spit it out liquid instead of swallowing instead.
4. Perform Budesonide (Pulmicort) plus saline irrigations twice daily - using half of the saline in the sinus rinse bottle in the morning, and half in the evening.