

## Nasal Sinus Irrigation (Budesonide)

1. Pulmicort respule (budesonide respule) ( 0.5 mg/2ml)



2. Combine the contents of one Pulmicort Respule (Budesonide) and the contents of one salt packet (OTC premixed sinus rinse packet) into a Neilmed Sinus rinse bottle (Size 240 ml or 8oz). Fill the bottle containing the ingredients with distilled water to the dotted line (240 ml mark).

Mix well.



3. Rinse each nostril in the morning (half each side) and also in the evening.
4. Do this twice daily for \_\_\_ weeks.