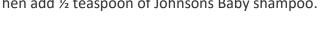
Southwest Allergy and Asthma Associates, P.A.

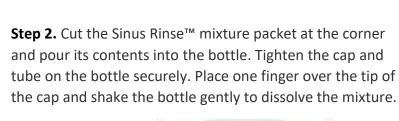
Joe Venzor, M.D., Felix Barron PA-C, Tonia Heck PA-C 11410 Vista Del Sol, Suite A, El Paso Texas 79936, (915) 592-6269 www.elpasoallergy.com

How To Perform Sinus Irrigations With Budesonide and Baby Shampoo

Step 1. Please wash your hands. Fill the clean bottle with commercially bottled or previously boiled and cooled down water. Do not fill with only plain water or tap water. Open the Budesonide 0.5mg/2 ml ampule and pour into the bottle.

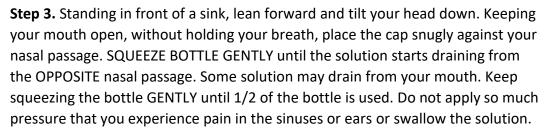
Then add ½ teaspoon of Johnsons Baby shampoo.





Step 2





Step 4. After rinsing, allow a minute to pass and then blow your nose gently while tilting your head forward and to the opposite side of the nasal passage you just rinsed then to help drain any residual solution.

Step 5. Repeat steps 3 and 4 with the other nostril.

Step 6. Clean the bottle and cap. Air dry the bottle, cap, and tube on a clean paper towel or lint free towel.

Once a week wash with one drop of dishwashing liquid or baby shampoo. Rinse and allow to air dry.

NeilMed has a demonstration video on YouTube at:









Step 3

