

# ALLCARE SINUS RINSE (INSTRUCTION SHEET)

- Your package includes a NetiFlo sinus rinse kit and medication. You will need to purchase a gallon of distilled water. **Distilled water is preferred for all sinus rinses. If you must use tap water, please boil it for 5 minutes and allow it to fully cool before using.**
- Wash your hands thoroughly before beginning.
- You may warm the solution (if you prefer) prior to use by either:
  - Placing the prepared Sinus Rinse bottle in a cup of warm water.
  - Microwave the water **ONLY** for 15–20 seconds to warm it. Always test the temperature before using to make sure it's comfortably warm—not hot.
- Store medication at room temperature. **Do not store in bathroom.**



- 1.** Remove the top from the Sinus Rinse bottle. Retrieve the included medicine and carefully EITHER separate the capsule and/or remove the top from the plastic ampule. Empty the contents into the sinus rinse bottle.



- 2.** Empty salt packet into bottle. Pour 8 ounces (240 mL) of water into the Sinus Rinse bottle to the water fill line. Put the top back on. With your finger covering the hole, gently mix the solution to dissolve the medicine.



- 3.** Lean over the sink and **tilt your head slightly downward**. With your **mouth open** and breathing normally, place the cap snugly against one nostril. **Gently squeeze** the bottle until the solution begins to flow out of the opposite nostril. Continue to squeeze gently until at least half of the solution has been used for a thorough rinse.

*Some solution may drain from your mouth. Do not swallow the solution.*



- 4.** Blow your nose very gently. Avoid pinching nostrils to prevent excessive pressure on eardrums.

- 5.** Repeat steps 3 and 4 for your other nasal passage.

**If you're still unsure, scan the QR code to watch our pharmacist show you how - it's easier than you think!**

SCAN ME!



## CLEANING INSTRUCTIONS (after every use)

1. Rinse the cap, tube, and bottle using warm water.
2. Add a few drops of dish washing liquid or baby shampoo to bottle.
3. Cap the bottle. Hold your finger over the opening in the cap and shake the bottle.
4. Squeeze the bottle hard to allow the soapy solution to clean the interior of the tube and the cap. Empty out the bottle completely.
5. Rinse the soapy solution with running water from all parts thoroughly. Place all parts on a clean paper towel to air dry.

Please perform routine inspections of the bottle and tube for any discolorations and cracks. If there are any signs of deterioration or permanent color changes, please clean thoroughly. If the discoloration remains after cleaning, discard the items and order new ones.

**We recommend that you replace the bottle every three months. Please let us know at the time of refill if you need a new Sinus Rinse bottle. Otherwise, one will not be included.**

### WHAT COMES IN MY MEDICATION PACKAGE?



Sinus  
Rinse  
Bottle



Salt  
Packet



Medication  
could be  
either or both



- **I received multiple medications, do I use them at the same time?**
  - YES! You will use all the medications in the same sinus rinse (unless notified otherwise by your doctor).
- **How should I store my medications?**
  - DO NOT store in the BATHROOM. If you have received a medication containing **tobramycin** or **gentamicin** we recommend storing it in the fridge.
- **Can I use scissors to open my capsule?**
  - NO! Do not use scissors to open your capsules! Please twist and pull apart to open your capsules.

