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ADMINISTERING MEDICATION TO YOUR SINUSES (7/13)

Your doctor has prescribed a medication that you should apply to your sinuses. To do this, you will use a bulb syringe to put solution into your sinuses through your nostrils. Putting this medication in your sinuses will help treat the disease.

Step 1: Gather the Needed Supplies

Always wash your hands BEFORE gathering your supplies and preparing to use your medication. Then gather the following items near a sink or wash basin:

- Bulb syringe
- Medication solution
- Measuring dose cup

If your medication is refrigerated, BEFORE you use it, warm the drug by following the instructions provided by your doctor or pharmacist. This will decrease or prevent headaches that could result from cold fluid in your sinuses.

Step 2: Administer the Medication to Each Sinus

To treat the left sinus:

1. Pour the prescribed amount of solution into your measuring dose cup, warm to room temperature.
2. Squeeze the bulb of the syringe to release the air.
3. Insert the tip of the bulb syringe into the solution and relax your hold on the bulb, allowing ALL of the liquid in the cup to flow into the bulb syringe.
4. Sit or stand in a comfortable position with your head over the sink or basin. The sink or basin will catch the excess fluid that drains from your nose.
5. Place the tip of the syringe as far into the left nostril as it will comfortably reach.
6. Tilt your head slightly to the left. Inside the nostril, the tip of the syringe should be pointed toward your left eye.
7. Squeeze the bulb of the syringe with enough force so that the solution is pushed out and can reach the left sinus.
8. Continue to squeeze the bulb while removing the tip of the syringe from the nostril. Do not stop squeezing the bulb of the syringe while it is in your nose. If you stop squeezing too soon, the bulb will act as suction and will pull mucus into the syringe, which would make the syringe difficult to clean.
9. After you remove the syringe from your nostril, keep your head tilted slightly left for 30 seconds. This allows the medicine to reach all of your sinus area.

Step 2: Administer the Medication to Each Sinus

To treat the right sinus:

1. Pour the prescribed amount of solution into your measuring dose cup, warm to room temperature.
2. Squeeze the bulb of the syringe to release the air.
3. Insert the tip of the bulb syringe into the solution and relax your hold on the bulb, allowing ALL of the liquid in the cup to flow into the bulb syringe.
4. Sit or stand in a comfortable position with your head over the sink or basin. The sink or basin will catch the excess fluid that drains from your nose.
5. Place the tip of the syringe as far into the right nostril as it will comfortably reach.
6. Tilt your head slightly to the right. Inside the nostril, the tip of the syringe should be pointed toward your right eye.
7. Squeeze the bulb of the syringe with enough force so that the solution is pushed out and can reach the right sinus.
8. Continue to squeeze the bulb while removing the tip of the syringe from the nostril. Do not stop squeezing the bulb of the syringe while it is in your nose. If you stop squeezing too soon, the bulb will act as suction and will pull mucus into the syringe, making the syringe difficult to clean.

9. After you remove the syringe from your nostril, keep your head tilted slightly right for 30 seconds. This allows the medicine to reach all of your sinus area.

Step 3: Clean Supplies

Clean your supplies after each use. To clean the bulb syringe:

1. Draw up hot, soapy water into the bulb and then squeeze it out. (You should use dish detergent for this purpose.)
2. Rinse by refilling the bulb as necessary with hot, clean tap water. To clean your other supplies, you should also use hot soapy water and then rinse with clean tap water. Use this equipment only for the purposes of this treatment. Replace the bulb syringe every month.
3. Store the medication as directed. Depending on which medication your doctor prescribed, this may include placement in the refrigerator, in an amber bag to keep the medication cool and protected from light.

If you have any questions about this medication or how to use it, contact your doctor, pharmacist, or nurse.