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Nasal Irrigation with Alkalol[®]

This treatment is recommended to restore the natural moisture of the nasal membranes. By improving the quality of nasal mucus the function of the nose, sinuses, and throat will also improve.

Supplies Needed:

- One bottle of **Alkalol[®]** Nasal Irrigation Solution
- One plastic nasal irrigating cup

These items can be obtained from your pharmacist without a prescription.

Preparation

Mix an equal amount of warm water and Alkalol[®] in a small glass to make approximately 1 ounce of the mixture. The mixture should not be too hot since it will be sniffed into the nose. Fill the nasal cup approximately 2/3 full, pouring the solution through the wide opening in the cup.

Directions

1. Lean over the sink basin with your forehead lower than your nose. Insert the small nasal tip into the nostril and use the left hand to close off the left nostril. Keeping the head titled forward and down, *gently* sniff $\frac{1}{2}$ of the solution into the right nostril. Draw the solution into the nose until a small amount reaches the back of the nose and throat.
2. With the right nostril closed, insert the nasal opening of the cup into the left nostril. Sniff the remaining half of the solution into the left nostril. Remove the cup and continue to sniff in through the nostrils while squeezing the openings of the nostril closed with fingers in a milking fashion. This will send the solution up into the sinuses. After approximately 5 seconds, gently blow your nose. The remainder of the mixture in the glass may be used as a gargle to help clear the back of the throat and posterior nasal passages.
3. This is a physiologic solution that gently restores moisture to nasal membranes. It can be used as often as desired for long periods of time without problems. If irritation or bleeding occurs during use, discontinue use and schedule an appointment immediately.