

## Mupirocin (Bactroban)

22 grams in 1 liter of normal saline 250 cc Bottle every day to twice per day.

Reference: 1 liter = 1000cc or ml = 32 oz = 4 cups ½ liter = 500cc or ml = 16 oz = 2 cups ¼ liter = 250 cc or ml = 8 oz = 1 cup or 1 sinus Rinse Bottle 2 tsp = 10 ml, 1 tsp = 5 ml, ½ tsp = 2.5 ml

Budesonide (Pulmicort) is an anti-inflammatory steroid medication used to decrease nasal and sinus inflammation. It is dispensed in liquid form in a small, plastic vial. Although it is manufactured for use with a nebulizer for asthma, we want you to use it with the NeilMed Sinus Rinse bottle.

### Instructions:

1. Make 240 cc (full bottle per NeilMed instructions) with the included salt packets or mix your own (recipe on separate handout). If we have asked you to use Mupirocin (Bactroban) irrigations as well you will use the Mupirocin/Saline mix instead of the packet and water saline.
2. Add the entire 2cc vial of liquid Budesonide (Pulmicort) to the irrigation bottle and mix together.
3. While in the shower or over the bathroom sink, tilt your head forward to a comfortable level. Put the tip of the sinus rinse bottle snugly up to your nostril and aim it toward to top of your head. Gently squeeze the bottle into your nostril. The fluid will flow in and out of your sinuses and come out the opposite nostril (you may get some down the back of your throat. It may taste bad but will not hurt you.) You can spit it out. It is fine to swallow small amounts but try not to swallow large amounts.
4. Repeat on the other side. Keep swapping sides until the full bottle is gone (about two full sprays on each side).
5. Do this twice a day.



