



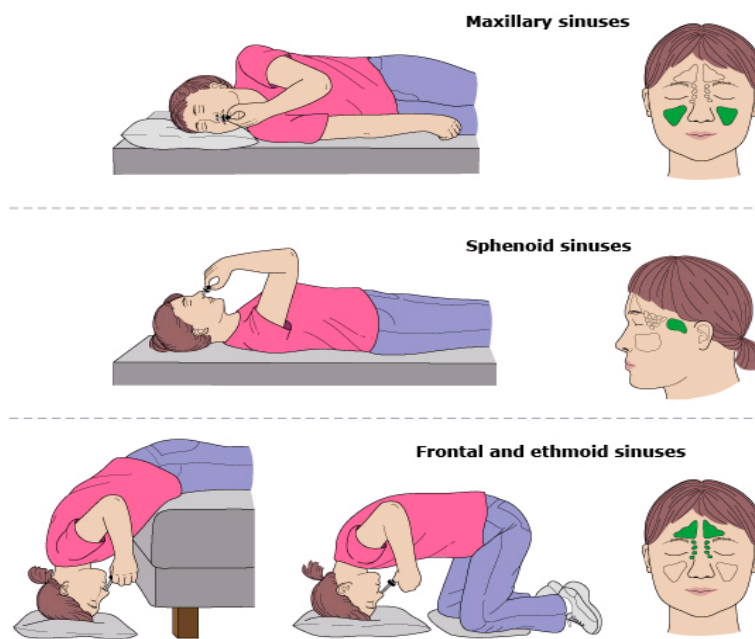
Pulmicort (budesonide) Respule Instructions for Nasal Irrigation

This medication is not FDA approved for this exact use, and for this technique it should not be used in a nebulizer, but instilled into the nose as described below. The irrigations are easy to use but take a little getting used to.

Sinus irrigation technique of the right nostril:

1. Instill half of the solution in the respule into your right nostril and pinch your nose closed.
2. Lie face down across a bed with your head hanging over the side (see 3rd position shown in drawings) and stay face down for 60 seconds – this will irrigate the right frontal and ethmoid sinuses.
3. Move to lie on the bed with the right side of your face resting on the bed (see 1st position shown in drawings) for 60 seconds – this will irrigate the right maxillary sinus.
4. Move to lie flat on your back (see 2nd position shown in drawings) for 60 seconds – this will irrigate the right sphenoid sinus.
5. Gently blow out into a sink to expel the remaining solution from your right sinus
6. Repeat for the left side.

Positions for administering sinus medications



This position is the most important, as you can turn your head from side to side a bit and get the maxillary and sphenoid sinuses too, with just this one position.

These positions allow nasal medications to penetrate into the sinuses, highlighted in green in the right-hand column. To give the medications, get into the position shown and give the medication into the nose. Stay in the position for the amount of time specified by your healthcare provider. For the maxillary sinuses (first position), the medication must be given on each side separately. For the other two positions, medications can be given to both sides of the nose at the same time.

Courtesy of Daniel L. Hamilos, MD.

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