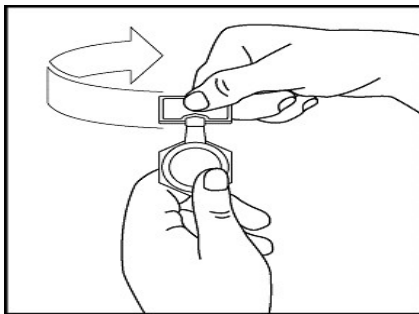


Budesonide (Pulmicort) is an anti-inflammatory steroid medication used to decrease nasal and sinus inflammation. It is dispensed in liquid form in a vial. Although it is manufactured for use with a nebulizer, we intend for you to use it with the NeilMed Sinus Rinse bottle (preferred) or a Neti pot.

### Instructions:

1. Make 240cc of saline in the NeilMed bottle using the salt packets or your own saline recipe (see separate handout).
2. Add the entire 2cc vial of liquid Budesonide (Pulmicort) to the rinse bottle and mix together.
3. While in the shower or over the sink, tilt your head forward to a comfortable level. Put the tip of the sinus rinse bottle in your nostril and aim it towards the crown or top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out from either nostril or through your mouth. Try not to swallow large quantities and spit it out instead.
4. Perform Budesonide (Pulmicort) + Saline irrigations 2 times daily.



Budesonide (Pulmicort) vial to be twist opened before emptying into Neilmed Sinus Rinse bottle or a Neti pot.

