



Greenville Ear, Nose & Throat

Budesonide (Pulmicort) Saline Irrigation

Sinus irrigation is an off-label use of this commonly prescribed steroid asthma medication. "Off label" means that budesonide is not approved by the Food and Drug Administration (FDA) for sinus irrigation, even though many experts have used this treatment with great success for years.

Your ENT doctor believes that for people needing budesonide irrigation, the benefits outweigh the risks.

Directions for Budesonide Irrigation

1. Take 8 oz. of sterile or boiled saline. The NeilMed Sinus Rinse bottle is ideal as it holds 8 oz. To make the saline sterile, boil the water to remove any germs.
2. Next, add 1 teaspoon of salt and 1 teaspoon of baking soda (or use a pre-made mix).
3. Let the mixture cool.
4. Open the bottle and add one 0.5 mg/2 mL budesonide respule to the mixture.
5. Use 4 oz. (half the bottle) in each nostril twice a day. Direct the spray away from the nasal septum and toward the roof of the nose.

Please call our office if you have questions about this information:

- Patewood (864) 454-4368
- Greer (864) 797-9400