

## PATIENT INFORMATION LEAFLET

### NASAL WASH / DOUCHE

#### Sodium Bicarbonate / Sodium Chloride

#### **ABOUT** your medicine

Sodium bicarbonate or sodium chloride when used as a nasal douche, temporarily clears your blocked nasal passages caused by sinusitis, allergies, rhinitis, congestion and post-nasal drip. They can also be used as a pre-treatment for nasal steroid sprays to allow better penetration of the steroid sprays.

#### **HOW** do I use the medicine?

Use the medicine as prescribed by your doctor.

- Douche solutions may be prepared by dissolving one 5 ml spoonful of sodium bicarbonate / sodium chloride powder in 250 ml of warm water.
- Syringe out the douche solution.
- Insert tip of the syringe into nostril, lean over sink, and gently push the plunger of the syringe to allow a fine regular stream of the solution to irrigate the nasal passage to remove any dirt and mucus. Do not breathe in while irrigating.

#### What should I do if **I FORGET** a dose?

Nasal douche may be used on a “as when necessary” basis.

#### What are the possible **SIDE-EFFECTS** of the medicine?

Side-effects of the medication are rare. Stinging of the nasal passage wall may be experienced. However, this may be improved by further diluting down the douche solution with water.

What **PRECAUTIONS** should I take?

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

You must tell your doctor if you are allergic to any other medicines, or if you develop an allergy while taking this medicine. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Inform your doctor if you are breast-feeding, pregnant or likely to become pregnant during the course of this treatment.

How should **I STORE** the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.

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**National University Hospital**

5 Lower Kent Ridge Road, Singapore 119074

Tel: (65) 6779 5555 Fax: (65) 6779 5678

Website: [www.nuh.com.sg](http://www.nuh.com.sg)

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Information is correct at time of printing and subject to revision without prior notice.

Keep all medication out of reach of children

Discard all medication that has expired or is no longer required