

## Sinus Irrigation Capsules with the Nasoneb Nebulizer

### Prepare the Nasoneb

1. Place Nasoneb device on a flat surface
2. Attach the supply tubing to the Nasoneb device
3. Attach the supply tubing to the air inlet of the cup
4. Place the cup into the holder on the Nasoneb device



### Prepare the Medication

1. Fill the amber, wide-mouth bottle to the line with saline wound wash (15ml)
2. Empty the contents of 1 capsule into the bottle



3. Gently swirl the bottle until the powder is well dispersed into the solution (about 30-60 seconds depending on the drug)
4. Pour half of the solution into the Nasoneb cup

Note: If this is your first time using nasal nebulization, we recommended using the nebulizer with just the saline solution, then gradually adding in the medication to make sure your sinuses are not overly irritated by the medication. Some light bleeding is expected with initial use, but if there is excessive bleeding, reduce the amount medication until the sinuses become less inflamed through continuation of the treatment.

### Perform Sinus Irrigation

1. Tilt your head slightly downward while positioning the Nasoneb cup nozzles into one nostril.
2. Breathe through both your nose and mouth, keeping palate open, and turn the compressor on.
3. Medication will enter your nasal cavity; you may feel a flow of air coming back out of your mouth.
4. When the first half of the medication has been nebulized and the cup is empty (appx. 1 minute), turn off machine
5. Pour other half into the cup and repeat nebulization with other nostril
6. When second half of the medication has been nebulized and the cup is empty, turn off the machine
7. Clean the medication cup with warm soapy water between uses
8. If liquid enters the tubing, run the machine with the tube attached and no cup to force out any fluid

- For a video on the use of the Nasoneb, go to [www.koshlandpharm.com/services/sinus](http://www.koshlandpharm.com/services/sinus)
- For detailed use of the Nasoneb nebulizer, refer to the user manual that comes with the device
- If you have further questions, please contact one of our pharmacists at (415)344-0600