

# Nasal Douching

Information and advice for patients

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## Aim of the patient information

This patient information is aimed at patients who are required to perform a nasal douching. It aims to explain how to perform the douching and the reasons why.

## What is nasal douching?

Nasal douching is a simple procedure that requires you to 'sniff' the solution into the nose from either a special device, mug or cupped hand.

## Reasons for douching

Nasal douching, also known as nasal washout, irrigation or lavage, is recommended to clear mucus and allergens from the nose for people with rhinitis or rhinosinusitis. It is also recommended following nasal surgery to cleanse and aid healing inside the nose.

Nasal douching can be used as a baseline preparation treatment or alone to reduce the symptoms of sinonasal disease and/or allergies.

## How to douche

- Take one quarter of a teaspoon (1.25ml) of salt and one quarter of a teaspoon of bicarbonate of soda (salt should be non-iodised and free from food particles).
- Mix the dry ingredients with 240ml of tap water that has been boiled and cooled down at room temperature (water must be boiled before use to sterilise it).
- Pour the solution into a **mug**, lean over the sink keeping your head bent forward. Bring mug containing the solution to your nose and sniff a small amount of the solution into your nose for 2 to 3 seconds several times.
- Pour the solution into your cupped **hand** and sniff the solution into your nose from your hand several times.
- Move the mug away from your nose and allow the solution to run back into the sink.
- To ensure both nostrils are cleansed block one nostril with your finger as you sniff the solution and then repeat for the other nostril.

Repeat these steps several times as tolerated, using as much of the solution as possible. Your nose may run naturally after nasal douching; this should be expected.

After douching blow your nose gently into a tissue. Rest nose for 10 to 20 minutes before using any treatment sprays.

Do not use/keep any solution remaining for longer than 24 hours.

If you are unsure of anything regarding nasal douching, please ask a member of staff for help or contact the telephone numbers in this patient information leaflet.

**If you have any questions or queries, please do not hesitate to contact us:**

ENT suite, Outpatients  
Pilgrim Hospital, Boston  
PE21 9QS  
Telephone: 01205 446055

Clinic 6, Outpatients  
Lincoln County Hospital  
LN2 5QY  
Telephone: 01522 573254

General statements that are made in this patient information leaflet do not apply in every case, as each patient is an individual. Your consultant will advise you on any specific after care.

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