

Precautions

1. Use the medication as directed by your doctor.
2. If you have history of drug allergy, consult your doctor or pharmacist before using the medication.
3. Use of lukewarm solution for nasal douching may be preferred as it is more comfortable.
4. Stop talking or breathing during the douching procedure. Stop the procedure if you need to sneeze or cough.
5. Avoid nasal douche when having otitis media or upper respiratory tract infection.
6. Discard all medications that have expired or are no longer required.
7. Clean the barrel and plunger of the oral syringe thoroughly with water after use. Allow to air dry.
8. Always perform nasal douching before using nasal spray or nasal drops if you are dispensed with both.
9. Do not share the medication with other people.
10. Tell your doctor and pharmacist if you are pregnant, planning to become pregnant, or breastfeeding.
11. Please consult your doctor if symptoms persist or worsen after using the medication.

What are the possible side effects?

Side effects are rare with nasal douche. Some patients may experience a stinging sensation of the nasal passage.

If you notice any allergic reactions like skin itchiness, face or hand swelling, breathing difficulty, etc., consult your doctor immediately.

What if I miss a dose?

Use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not double the dose.

How to store?

1. Keep out of reach of children.
2. Store in a cool, dry place and away from direct heat and light.



For any queries, please seek advice from your doctor, pharmacist or other healthcare professionals.

Nasal Douche



藥劑職系及服務統籌委員會
CDC-Grade (Pharmaceutical Services)



醫院管理局
HOSPITAL
AUTHORITY



What is Nasal Douche?

Nasal douche is a preparation to remove excessive mucus, crusts or other debris from the nasal passage by irrigating the nose. Saline solution is usually used.



Indication

Nasal douche can be used to treat and control chronic rhinitis and allergic rhinitis. It is also used for clearance of blood clots and nasal secretion after nasal surgery.

How to use?

1. Prepare the nasal douche according to the instructions provided by your healthcare professionals.
2. Wash hands with soap and water before starting the procedure.
3. Pour an appropriate volume of the prepared solution into a clean container. Use an applicator e.g. oral syringe to withdraw the solution.
4. If an oral syringe is used, submerge the syringe tip completely into the prepared solution.
5. Pull the plunger to draw the appropriate amount of solution.



Directions (For adults)

6. Sit down or lean over the sink with your face down, head inclined slightly forward. Breathe through the mouth.
7. Hold your breath. Insert the tip of the oral syringe into the nostril and slowly squirt the solution.



8. Let the solution flow through the nasal passages and then out from the other nostril. Use a receiver to collect the return fluid.
9. A certain amount of solution may flow into the mouth which should be spit out. Don't worry if some of the solution is swallowed.
10. Gently blow to clear the nose. If the residual solution is not draining effectively after douching, try tilting your head from side to side whilst bending forward to encourage emptying from nasal passage.
11. Repeat the procedure for the other nostril.
12. Wash hands after using the douche.

Directions (For children)

6. Let the patient lie on the side position. Put a pillow under the shoulder so that the head is bent downward and the position of the mouth is kept above the nose. Breathe through the mouth.



7. Insert the tip of the oral syringe into the upper nostril and slowly squirt the solution.
8. Use a receiver to collect the solution that would flow out of the lower nostril.
9. If the solution flows into the mouth, ask the child to spit it out.
10. Ask the child to sit up and gently blow to clear the nose.
11. Let the child lie on another side and repeat the procedure to wash the other nostril.
12. Wash hands after using the douche.



If an applicator instead of an oral syringe is used, please follow the product instructions.