

Nasal Irrigations

Shampoo (Johnson's & Johnson's Baby)

Directions: Mix 10 ml (2 teaspoons) of baby shampoo into 1 liter of your saline solution or 2.5ml (1/2 teaspoon) into 250ml (one sinus rinse bottle). Irrigate both sides of your nose with 125ml of this solution twice a day.

Pulmicort Respules

Directions: Mix 1 pulmicort respule (0.5mg/2ml) into 250 ml of your saline solution (one sinus rinse bottle). Irrigate both sides of your nose with 125ml of this solution twice a day.

To administer pulmicort respules via 20ml MAD spray bottle you should combine.

10ml or 2 teaspoons of sterile water/saline (e.g. contact lens solution)

10ml of pulmicort (0.5mg/2ml) or 5 respules into the bottle

Irrigate first with your saline and then use 2 sprays into each nostril twice a day of your mixture of pulmicort and water.

Mupirocin (Bactroban)

22 grams in 1 liter of normal saline

250 cc Bottle every day to twice per day.

Reference: 1 liter = 1000cc or ml = 32 oz = 4 cups
½ liter = 500cc or ml = 16 oz = 2 cups
¼ liter = 250 cc or ml = 8 oz = 1 cup or 1 sinus Rinse Bottle
2 tsp = 10 ml, 1 tsp = 5 ml, ½ tsp = 2.5 ml