

SinuCleanse®

BREATHE

ⓘ DO NOT USE WITH UNFILTERED TAP WATER:
See important information section below



SQUEEZE BOTTLE Nasal Wash System

INSTRUCTIONS FOR USE

Read through entire instruction sheet before using for the first time.

WHAT IS THE SINUCLEANSE® NASAL WASH SYSTEM?

The **SinuCleanse® Nasal Wash System** is an all-natural way to safely & effectively relieve nasal congestion and sinus symptoms without the worry of harmful side-effects or drug interactions. Physicians recommend Nasal Washing before using Nasal Decongestants, Corticosteroids or Allergy Sprays to help clear and moisturize nasal passages, check with your doctor.

Studies suggest that Nasal Washing regularly may reduce the duration and frequency of cold & flu symptoms and promote long term nasal health. It moisturizes dry nasal passages and relieves nasal congestion by aiding in the removal of mucus as well as irritants such as dust particles, pollen, and other debris, keeping nasal passages clear and allowing you to breathe easier.

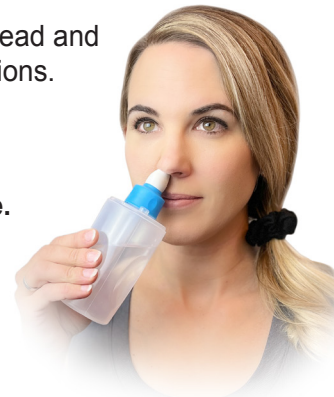
ⓘ CARE AND CLEANING INSTRUCTIONS

1. Before and after each use inspect device for any defect or damage. If there is a defect or damage, discard device.
2. Wash hands.
3. Before and after each use rinse device with running water.
4. Fill device with Proper Water*. Do not clean using boiling water or place device in Microwave or Dishwasher.
5. Add a few drops of dish washing liquid or baby shampoo.
6. Reassemble device, make sure all holes are covered and shake vigorously.
7. Empty device completely and rinse again with Proper Water* until all soap residue is gone.
8. Now you are ready to use the device. Follow directions for use.
9. After use follow steps 1-7 and store device in clean, dry place and allow to dry until next use.

SQUEEZE BOTTLE INSTRUCTIONS

ⓘ **IMPORTANT:** Before first use read and follow Care and Cleaning Instructions.

1. Wash Hands.
2. Remove the cap from the **SinuCleanse® Squeeze Bottle**.
3. Pour a packet of saline dry ingredients into the SinuCleanse® Squeeze Bottle. First-time users should start with 1 packet of the saline dry ingredients to make an isotonic solution. As you become more accustomed to the system you may want to work up to using 2 full packets to make a hypertonic solution. Use packet contents immediately upon opening and discard any partially used packets of saline dry ingredients. Additional packets may be purchased from your pharmacy.
4. Fill the bottle with Proper Water* to the 8 oz. mark indicated on the bottle.
5. Tighten the cap on the bottle securely, place one finger over the tip of the cap and gently shake the bottle until the dry ingredients have completely dissolved. Use saline solution promptly, do not save or store for future use.
6. Lean over the sink with your head bent down so you are looking directly into the basin. Place the tip of the cap up to the right nostril and gently insert the tip so that it forms a comfortable seal. Aim the tip at the back of your head, not at the top of your head.
7. Squeeze the bottle gently so that the solution enters the Right nostril. Do not inhale or “snort” the solution into the nose – breathe through your mouth.
8. In a few moments the solution will begin to drain out of the left nostril. Continue to squeeze the bottle gently until you have used approximately half of the solution.
9. Remove the tip of the bottle from your nostril, then exhale through both nostrils to clear them of excess mucus and solution. Gently blow your nose into a tissue.
10. Repeat the procedure on the left nostril with the remaining solution.
11. A small amount of solution will remain at the bottom of the bottle. Discard the remaining solution.
12. Thoroughly clean the device after each use. See **Care and Cleaning Instructions, to the left**.



ⓘ **Do not use Nasal Wash Packets past the expiration date.**

NASAL WASH PACKET INSTRUCTIONS

1. Wash hands.
 2. Consult manufacturer's instructions for your Nasal Wash Device to determine the amount of solution it holds. Mix 1 to 2 packets per 8 fl oz. First-time users should start with 1 packet of the saline dry ingredients per 8 fl. oz to make an isotonic solution. As you become more accustomed to the system you may want to work up to using 2 full packets per 8 fl oz to make a hypertonic solution. Use packet contents immediately upon opening and discard an partially used packets of saline dry ingredients. Additional packets may be purchased from you pharmacy.
 3. Nasal Wash according to the device manufacture's instructions. Use saline solution promptly, do not save or store for future use.
 4. Clean according to the device manufacturer's instructions.
- ⓘ **Do not use Nasal Wash Packets past the expiration date.**



SHOULD I USE AN ISOTONIC OR HYPERTONIC SOLUTION?

Any SinuCleanse® Nasal Wash System can be used with the enclosed Saline packets to make either an Isotonic or Hypertonic solution. Check with the guide below or consult with your physician for best use.

Isotonic Solution	1 Saline Packet per 8 fl oz. (240 mL)
Hypertonic Solution	2 Saline Packets per 8 fl oz. (240 mL)

An Isotonic solution creates a mild, less concentrated salt solution of 9 mg of Sodium Chloride per mL of water, which has a salt concentration similar to your body's and may be more comfortable to use for some people initially than a more concentrated Hypertonic solution.

A Hypertonic solution creates a higher, more concentrated salt solution which is similar to the salt content of ocean water.

IMPORTANT INFORMATION

- *1. **Proper Water Sources.** Do not use with unfiltered tap water. Use either distilled, or sterile, or filtered (using a NSF/ANSI Std. 53 certified filter or a filter with an absolute pore size of 1 micron or smaller) or previously boiled water (boil water 1 minute or 3 minutes if at elevations above 6,500 feet, then allow to cool to body temperature).
2. **Do not use** if nasal passages are completely blocked or if you have an ear infection or blocked ears.
3. **Follow Care and Cleaning Instructions** before and after each use.