

Nasal Douching

Head and Neck Directorate

This patient information leaflet is aimed at patients who have nasal problems and their Ear, Nose and Throat (ENT) doctor has suggested that they try nasal douching as part of their treatment.

What is Nasal douching?

Nasal douching means washing out the inside of your nose.

Why do I have to do it?

There are two main reasons people need to use nasal douching:

1. After Nasal Surgery

After an operation the nose will form excessive crusting. These crusts can slow down healing inside the nose and cause the nose to become more blocked. Douching the nose can help to stop these crusts forming or remove the crusts and any absorbable packing that may have been used

2. Inflammation of the nose and sinuses

In some conditions the lining of the nose can become inflamed. Mucous and crusting may build up and the lining of the nose does not work properly. Nasal douching removes mucous, helping the nose to work normally. It can also help to allow sprays and drops to work better.

How do I make up the solution?

There are 2 ways of making the solution

1. Buy pre-made sachets from a large pharmacy

2. Make the solution up at home yourself by mixing in a bowl.

- 1 teaspoon sugar (optional)
- 1 teaspoon salt
- ¼ teaspoon sodium bicarbonate (baking soda)
- ½ pint (300mls) water – boiled and allowed to cool to room temperature.

How do I wash my nose out with the solution?

The best way of washing the nose with the solution is to buy a 'Nasal douche bottle' from a large pharmacy. The solution made at home can still be used in this bottle as long as the bottle has been cleaned before each use.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

An alternative is to use a 20ml syringe to gently squirt the solution into the nose. Please ask one of our nurses if you would like to use this method.

The final alternative is to sniff the solution into the nose. This is not as effective after surgery as the nose is likely to be quite blocked.

1. Put some of the solution that you have made into a saucer or the palm of one hand
2. Shut one nostril with a finger and sniff the solution gently into the other nostril
3. To start with just sniff gently and let the solution run back out
4. Once you are used to the sensation try sniffing the solution further into the nose. This will help clean it out further
5. Repeat this a few times, or until no more debris washes out
6. Repeat with the other nostril.

How long to I have to do this for?

For the first few weeks you should try to do this at least three times a day. This is for all patients.

After this your doctor will advise you whether to reduce it.

It may be necessary to continue regular douching for a long time. Try not to stop nasal douching unless told to by your ENT doctor.

Can I still use my drops and sprays?

Yes you can still use other nasal treatments but you must use them after you have finished the nasal douching.

Who can I contact if I have questions?

Ear, Nose and Throat Department

Monday – Friday 9am – 5pm

01902 307999

Ask to speak to your Consultant's secretary

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。