



## 麦卢卡蜂蜜鼻窦冲洗液

### 使用 NeilMed 鼻窦冲洗瓶

### 请按照这些步骤

每天早上和晚上冲洗鼻窦 2 次。请按照以下步骤冲洗：

1. 将手洗净。
2. 在使用瓶子和吸管之前，先检查是否有变色或裂缝。扔掉任何有这些问题的用品。
3. 在清洁的瓶子里注入 8 盎司（240 毫升）：
  - 蒸馏过、通过 0.2 微米的过滤器，或通过反渗透、过滤的水。
  - 市售的瓶装水；或
  - 煮沸后冷却的自来水
4. 可以用微波炉将水加热。每次只加热 5 到 10 秒。用手背测试溶液温度，确保它是温热而不是烫的。如水太热，可能会损坏冲洗器或烫伤鼻腔。大多数人说，温热的溶液是最舒服的。
5. 将 NeilMed 鼻窦冲洗包倒入瓶中。您也可以使用 1 茶匙自制的混合液（请见第 3 页）。
6. 加入 1 汤匙 UMF 15+ 250 gr/8.8 Oz 康维他麦卢卡蜂蜜。
7. 拧紧瓶盖和吸管。用手指按在瓶盖的顶端。轻轻地旋转或摇动瓶子，使混合物溶解。
8. 站在水槽前。身体微向前倾，头向下。嘴巴保持张开，但不要屏住呼吸。将瓶盖放在一侧的鼻孔边。
9. 轻轻地挤压瓶子，直到溶液从另一个鼻孔流出。



瓶内注入 8 盎司的水



加入已配制好的小包或自制的混合物



冲洗鼻腔

10. 发"卡、卡、卡"声，以防止溶液从喉咙后面流下来。**不要**吞咽溶液。如溶液进入喉咙后部，请吐出来。
11. 继续挤压瓶子，直到用完一半（120 毫升或 4 盎司）。
12. 重复冲洗另一侧的鼻腔。

### 注意事项

- 有时，冲洗液会聚积在鼻窦腔和鼻腔中。然后，在冲洗后的几个小时内从鼻孔中滴出。这是无害的，但可能有些不便。为了防止这种情况发生；可以：
  - 冲洗后，身体向前倾，把头侧向一边，轻轻擤鼻涕。然后，将头侧向另一边，再擤鼻涕。可能需要重复几次。这有助于清除鼻腔内多余的粘液和盐水。
- 如医疗提供者给您开了鼻腔喷雾剂，请在冲洗后 10 至 15 分钟使用。**不要**在冲洗前使用鼻腔喷雾剂。
- 如要观看如何进行鼻腔冲洗的 1 分钟视频，请上他们的网站：[www.youtube.com/watch?v=DYZDeiOVJx0](http://www.youtube.com/watch?v=DYZDeiOVJx0)

### 如何清洗 NeilMed 鼻窦冲洗瓶？

1. 用自来水冲洗瓶子、吸管和瓶盖。
2. 在瓶中注入经过蒸馏、微滤(通过 0.2 微米)、反渗透过滤、商业瓶装水或煮沸后冷却的温水。
3. 加入几滴洗碗液或婴儿洗发水。
4. 将瓶盖和吸管连接到瓶子上。5.用手指按住瓶盖的开口，摇洗瓶子。
5. 用力挤压瓶子。这有助于肥皂液清洁吸管内部及瓶盖。将瓶子里的水全部清空。
6. 将瓶子、瓶盖和吸管冲洗干净。确保所有的肥皂都已洗掉。将瓶子放在干净的纸巾上晾干。
7. 也可加额外的步骤；将瓶子，盖子和吸管放在微波炉中 40 秒。给瓶子、瓶盖和吸管消毒。

## 注意事项

- 如刚使用过微波炉，请确保微波炉内部已经冷却到室温，然后再使用微波炉消毒瓶子。
- 不要用洗碗机清洗瓶子。
- 如发现瓶子有变色或裂缝，请扔掉并使用新的瓶子。
- 每 3 个月更换一次瓶子。
- 如要阅读 NeilMed 的消毒规则，请上这个网站：  
[www.neilmed.com/usa/use\\_npsr.php](http://www.neilmed.com/usa/use_npsr.php).

## 如何自制生理盐水冲洗液

- 请购买这些用品：
  - 不含碘化物、防腐剂或防结块剂的腌制盐、做罐头的盐或犹太盐。
  - 小苏打
- 在一个清洁的碗里，将 3 茶匙盐和 1 茶匙小苏打混合。
- 储存在一个小的密封容器中。
- 冲洗时，在水中加入 1 茶匙这种混合物 (见第 1 页的步骤 5)。

### 您有疑问吗？

我们很重视您的提问、如您有疑问或顾虑、请致电您的医生或医务人员。

耳鼻喉/头颈外科中心：  
206.598.4022

## Sinus Rinse with Manuka Honey

### *Using the NeilMed Sinus Rinse bottle*

#### Steps to Follow

Do your sinus rinse 2 times a day, in the morning and at night. Follow these steps each time:

1. Wash your hands well.
2. Before using the bottle and straw, check for any color changes or cracks. Throw away any supplies that have these issues.
3. Fill the clean bottle with 8 oz. (240 mL) of:
  - Water that has been distilled, filtered through a 0.2 micron filter, or filtered by reverse osmosis;
  - Commercially bottled water; or
  - Tap water that was boiled and cooled
4. You may warm the water in a microwave. Heat for only 5 to 10 seconds at a time. Test the solution on the back of your hand to make sure it is warm, not hot. If the water is hot, it could damage the device or scald your nasal passage. Most people say that a warm solution is the most comfortable.
5. Empty the NeilMed Sinus Rinse packet into the bottle. You can also use 1 teaspoon of your homemade mix (see page 3).
6. Add 1 tablespoon of Comvita Manuka Honey UMF 15+ 250 gr/8.8 Oz.
7. Tighten the cap and straw on the bottle. Place 1 finger over the tip of the cap. Swirl or shake the bottle gently to dissolve the mixture.
8. Stand in front of a sink. Bend forward slightly and tilt your head down. Keep your mouth open but do not hold your breath. Place the cap near 1 nostril.



*Pour 8 oz. water into the bottle*



*Add the packet or homemade mix*



*Do your sinus rinse*

9. Gently squeeze the bottle until the solution drains from the opposite nostril.
10. Say “ka-ka-ka” to help keep the solution from going down the back of your throat. Do **not** swallow the solution. If it is in the back of your throat, spit it out.
11. Squeeze until half of the bottle (120 mL or 4 oz.) is used.
12. Repeat on other side.

### Notes

- Sometimes the solution can pool in the sinus cavities and nasal passages. It will then drip from your nostrils hours after rinsing. This is harmless, but can be bothersome. To keep this from happening:
  - After rinsing, lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and saline solution.
- If your provider prescribed a nasal spray, use it 10 to 15 minutes **after** doing the rinse. Do **not** use the nasal spray before you rinse.
- To watch a 1-minute video on how to do a nasal rinse, visit [www.youtube.com/watch?v=DYZDeiOVJx0](http://www.youtube.com/watch?v=DYZDeiOVJx0).

### How to Clean the NeilMed Sinus Bottle

1. Rinse the bottle, straw, and cap with running tap water.
2. Fill the bottle with lukewarm water that has been distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled.
3. Add a few drops of dish washing liquid or baby shampoo.
4. Attach the cap and tube to the bottle. Hold 1 finger over the opening in the cap and shake the bottle well.
5. Squeeze the bottle hard. This helps the soapy solution clean the inside of the tube and the cap. Empty the bottle all the way.
6. Rinse the bottle, cap, and tube well. Make sure all the soap is washed away. Place the items on a clean paper towel to dry.
7. For an extra step, place the bottle, cap and straw in the microwave for 40 seconds. This will disinfect the bottle, cap, and tube.

## Notes

- If the microwave has been used recently, make sure that the inside of the microwave has cooled back down to room temperature before using it to disinfect the bottle.
- Do **not** use a dishwasher to clean the inside of a bottle.
- If you see any color changes or cracks in the bottle, throw it away and use a new one.
- Replace your bottle every 3 months.
- To read the NeilMed Disinfection Protocol, visit this website: [www.neilmed.com/usa/use\\_npsr.php](http://www.neilmed.com/usa/use_npsr.php).

## How to Make Your Own Saline Rinse

- Buy these supplies:
  - Pickling, canning, or kosher salt that does **NOT** contain iodide, preservatives, or anti-caking agents
  - Baking soda
- In a clean bowl, mix 3 teaspoons of salt with 1 teaspoon of baking soda.
- Store in a small, airtight container.
- When doing your rinse, add 1 teaspoon of this mixture to the water (see step 5 on page 1).

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**Otolaryngology/Head and Neck Surgery Center: 206.598.4022**