

Nasal Irrigation Device

The use of this device is recommended for all ages from 2 years onwards

INSTRUCTIONS FOR USE

- Place the content of a sachet of Sinusalt[®] inside the bottle. **[1]**
- Add some **clean lukewarm water (35-39 °C)** and shake it until the salts are completely dissolved. Then add more water until fill the rest of the bottle (250 mL). **[2]**
[*See Precautions and Advice]
- Insert the tube of the nasal adapter into the bottle and screw the cap on tightly to ensure that it is fully sealed. Lean over the sink with your head forward, insert the nasal adapter into one of the nostrils and apply gentle pressure to plug it. **Breathe through your mouth. [3]**
- Gently press** the middle of the bottle, **placing your thumb in the circle on the back**. The liquid will be pumped into the nose and will begin to come out through the other nostril, dragging mucus, pus, crusts, etc.
- Irrigate for 10-20 seconds. Maintain pressure on the bottle while the nasal adapter remains inserted in the nostril. Then, irrigate the other nostril.
- Repeat the previous steps, alternating the nostrils, until the solution is all used.



PRECAUTIONS AND ADVICE

- The frequency and duration of the cleaning process may vary according to needs.** You can irrigate once or twice a day, continuously. For more acute needs, you can irrigate more frequently.
- Use drinking water from a supply network that guarantees the absence of pathogenic micro-organisms. Failing this, boiled or sterile water should be used.** The use of sterile or boiled water may be recommended for certain diseases (e.g., cystic fibrosis) or after nasal surgery.
- Do not force irrigation if the nose is completely blocked.
- Avoid ingestion.
- If you have an ear infection, see a doctor.
- For complete nasal cleansing, it is recommended to irrigate with the entire suggested volume (250 mL).
- The solution with Sinusalt[®] must be prepared immediately before use, because it does not contain preservatives. The water must be lukewarm (35-39 °C) to ensure comfort.
- When you change nostrils, blow through the nose to expel mucus. **Do not force nose-blowing** by blocking one nostril with your fingers.
- After the irrigation, there may be liquid retained in the nasal sinuses that will be expelled during the following minutes as a small nasal discharge. This liquid can be expelled more easily by making movements with the head down and forward.
- The first irrigations may be accompanied by a sensation of frontal pressure.
- Gently squeeze the bottle. High pressure can be harmful.
- If you have any questions about how to use this product, ask your specialist.

INDICATIONS

- Nasal obstruction due to excess of mucus. Colds.
- Infectious rhinitis caused by viruses and bacteria.
- Acute and chronic rhinitis / rhinosinusitis (allergic, atrophic or pregnancy).
- Care after endonasal surgery.
- Snoring due to nasal obstruction caused by accumulation of secretions.
- Nasal cleansing prior to the administration of intranasal medication.
- Nostril hygiene.

Not contraindicated for use during pregnancy and lactation.

HOW TO STORE SINUSALT[®] DEVICE

- When you have finished the irrigation, open the bottle and rinse the system with clean water. Leave to drain and dry before storing.
- If you want to disinfect the system, use commercial products used for the sterilization of baby bottles. Do not boil or put in the dishwasher.
- Personal use device. It is recommended to renew the device annually.

PRODUCT PRESENTATIONS

- Sinusalt[®] Device:** 250 mL device and 26 sachets of Sinusalt[®].
- Sinusalt[®] :** Box of 40 sachets.

INFORMATION ABOUT SINUSALT[®]

Sinusalt[®] contains a mixture of salts and xylitol specially prepared for nasal irrigation. Xylitol is a hygroscopic natural sugar capable of thinning mucous, eliminating pathogens and moisturising the nasal mucosa.

Each sachet of Sinusalt[®] makes up 250 mL of irrigation liquid.

Composition: Sodium chloride, Sodium bicarbonate, Potassium chloride, Xylitol, Calcium chloride.

Sinusalt[®] does not contain preservatives, anti-caking agents nor other substances (iodine) that can irritate the sensitive nasal mucosa.

Expiry date of the sachets: 5 years from its production. The expiry date is printed on each sachet and on the outer packaging of Sinusalt[®].

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