

## NASAL IRRIGATOR

# Nasaline

The easy, comfortable, and safe method to irrigate your nasal cavities with saline solution to effectively treat symptoms associated with colds, the flu, allergies, or blocked nasal passages during pregnancy.



1. Mix one packet of Nasaline Salt in one cup (250 ml) of warm water.



2. Extract the Saline solution into the syringe.



3. Slowly push the saline solution up into the nostril.



4. Use a tissue to blow out any remaining saline solution.



**Warning: This product contains small parts. Please keep out of reach of children.**

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Worldwide patent "Nasal Rinser"  
#PCT/SE01/01055  
US Patent Pending

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## Nasaline

Information / Instructions

### What is Nasaline?

Nasaline is a unique, patented, drug-free nasal irrigation treatment product designed by a team of Swedish ear, nose, and throat specialists. Endorsed by pharmacies and hospitals throughout Sweden, Nasaline provides an easy, comfortable, and safe method to irrigate your nasal cavities. Nasaline was designed for simple home use using saline solution that can easily be made with clean tap water and ordinary table salt. Washing the nasal passages with saline solution is an ancient technique recommended by doctors throughout the world.

### Why use Nasaline?

Nasaline is widely recognized by the Swedish and US medical community as an excellent method to treat nasal symptoms associated with stuffy nose and crusty secretions that often accompany a cold, the flu, allergies or during pregnancy. Nasaline, with its patented silicone tip, produces a gentle stream that will soothe your dry nasal passages and gently wash away dust, pollen, and irritants - naturally. It helps decongest and drain blocked nasal passages and provides instant relief for pressure and pain. Under doctor supervision and direction, Nasaline can be used as follow up treatment to sinus or nose surgery or for sinus infections to relieve symptoms associated with nose polyps. Doctors may also recommend Nasaline after the excessive use of cold medicines such as nose sprays and drops.

### Who can use Nasaline?

Anyone can safely use Nasaline, unless advised otherwise by a licensed physician. Nasaline may be used by children under the advice of a licensed physician and performed under strict adult supervision. Individuals suffering from ear infection(s) or other ear conditions should consult a physician before using Nasaline.

### What is Nasaline made of?

Nasaline consists of two parts: a syringe and a patented silicone tip attached to the top of the syringe. The silicone tip was designed to fit most adult noses in such a way as to completely seal the nostril opening. The channel inside the tip was formed in the shape of an hourglass, producing a gentle whirl stream when the saline solution enters the nose. The silicone tip does not contain latex as it was specifically designed for direct contact with the skin. The saline solution can be bought at any local pharmacy or simply be prepared in your own home at your convenience (see recipe below).

### Saline solution recipe:

Heat up fresh clean tap water or use water directly from the tap. The water temperature should be at body temperature and feel comfortable to the touch. Mix one pre-measured packet of Nasaline Salt in one cup (250 ml) of warm water. Nasaline Salt is pure salt (Sodium Chloride) without additives or preservatives and can be bought directly from ENTpro. It is also possible to mix one (1) teaspoon of table salt into half a liter (½) of water. Stir to dissolve the salt. If you feel a light stinging feeling in your nose when you flush, you may be adding too much or too little salt. If you are planning to use Nasaline for an extended period of time, you should use non-iodized salt to prevent any allergic reactions that might develop from the iodine. Alternatively, saline solution can be bought at your local pharmacy.

### Directions:

- Extract the saline solution completely into the syringe.
- Stand slightly bent over a bathroom sink, washbasin, or bathtub. Put the silicone tip up against the nose so that it completely seals the nostril. Slowly push the saline solution up into the nostril. Breathe normally through the mouth and refrain from swallowing.
- When the saline solution reaches the back of the nasal cavity, the palate closes automatically by reflex. The saline solution fills the nasal cavity and proceeds to pour out the other nostril as it brings along unwanted mucous and crusty secretions. Occasionally, some of the saline solution can trickle down the throat. This is not harmful and may be prevented by saying a long "Aaaaa" during the whole irrigation. A proper flushing should take about 3-7 seconds per nostril.
- Repeat the process for the other nostril.

Use a tissue to blow out any excess saline solution in your nose. Some of the saline solution can remain in the nose and trickle out a few hours later. Tilting your head forward and turn gently side to side immediately after flushing can prevent this. If you are severely congested, the saline solution can reach the sinus channels and can occasionally drip out of the eyes. This is not harmful and can be prevented by flushing more slowly.

### Dosage:

Use one full syringe (60 ml) for in each nostril in the morning and in the evening or at any time as necessary.

### Pregnancy and breastfeeding:

Nasaline can be safely used during pregnancy and breastfeeding.

### Are there any side effects to using Nasaline?

There are no known side effects.

### Cleaning:

Rinse Nasaline thoroughly with hot water and let air-dry. Nasaline can also be cleaned with a mild dishwashing detergent, but it should not be necessary for cleaning. If the piston does not easily slide back into the chamber, put a drop of cooking oil on the black piston tip. The piston may be left in the chamber during cleaning and drying to prevent the black membrane from become swollen.

### Durability:

With frequent use, the Nasaline product should last approximately 4 months after which time it should be disposed of (hygienic and functional reasons). During this time, discoloration may occur which has no impact on its effectiveness.

### Storage:

Nasaline should be stored in a dry environment at room temperature.