



**The Leeds  
Teaching Hospitals**  
NHS Trust

# Budesonide application with Sinurinse

Information for patients

Budesonide (Pulmicort®) is an anti-inflammatory steroid medication used to decrease nasal and sinus inflammation.

Budesonide (Pulmicort®) is dispensed in liquid form in a vial. Although it is manufactured for use with a nebulizer, we intend for you to use it with the NeilMed® Sinus Rinse bottle (preferred) or a Neti pot.

**Instructions:**

1. Make 240ml of saline in the NeilMed® bottle using the salt packet.



2. Add the entire 2ml vial of liquid Budesonide (Pulmicort®) to the rinse bottle and mix together.



*Pulmicort® Image reproduced with kind permission of AstraZenica UK Ltd.*

3. While in the shower or over the sink, tilt your head forward to a comfortable level. Put the tip of the sinus rinse bottle in your nostril and aim it towards the top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out from either nostril or through your mouth. Try not to swallow large quantities and spit it out instead.



4. Perform Budesonide (Pulmicort®) + Sodium chloride irrigations daily as instructed.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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