



Western Washington Medical Group

Ear, Nose & Throat, Allergy & Audiology

Topical Budesonide (Pulmicort) Therapy for Sinus Disease

Budesonide will be supplied to you by your pharmacy in small 2cc containers called respules. You will need to open a respule and mix it into a bottle containing 250cc of nasal saline.

There are many different bottles that you can use. Each has relative merits, and there is no 'one size fits all' bottle.

Examples include:

NeilMed Sinus Rinse bottle

Waterpik Sinusense squeeze bottle

Nasopure Neti Pot Nasal Wash bottle

Nasal Saline Recipe:

1 quart (or liter) of tap water

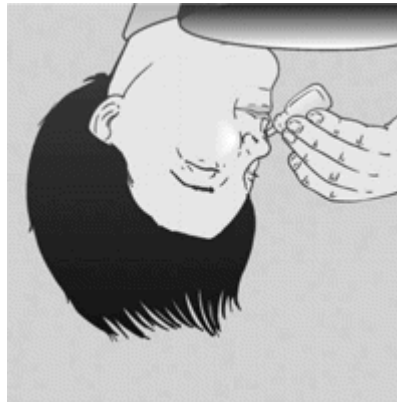
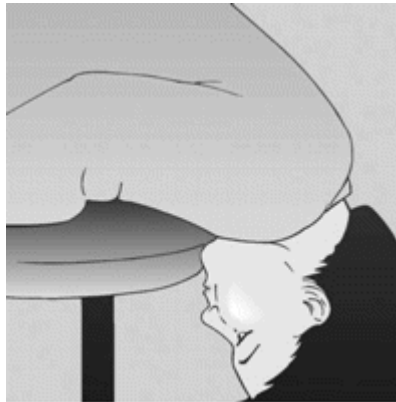
1 heaping tablespoon of pickling or canning salt (do not use table salt)

Shake vigorously to dissolve the salt

This will make approximately 1000cc of saline. Store it at room temperature. Discard it after one week and make a new batch.

Nasal Rinse Technique:

There are many different techniques that can be used to irrigate your nose. These include the 'Head-Back' position, Mygind's position, Moffet's position, and the 'Vertex-to-floor' position. These are all designed to optimize the drug delivery to the sinuses, as opposed to having it briefly fill the nostrils and then drip out. Below is a sample of the 'Vertex-to-floor' position. Try to keep the fluid in there for several seconds. It will take some getting used to, but try to stick with it.



Twice daily you will need to rinse with 50-100cc of the saline/budesonide mixture. Try to get at least 25cc into each nasal cavity. It is important to realize that you will not see the benefits of this therapy immediately. The hope, however, is that you will start to feel better after a couple of weeks, and steadily improve thereafter.

If you and Dr. Ashbach decide to stick with this therapy for upwards of a year, he will ask that you have your eyes checked annually for any evidence of glaucoma. This is a theoretical risk associated with prolonged exposure to nasal steroids, but so far we are unaware of any reported cases with this therapy.