

Neilmed[®] Sinus Rinse[™]

This leaflet aims to answer your questions about using Neilmed[®] Sinus Rinse[™] to treat your allergic rhinitis or chronic rhinosinusitis.

If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is Neilmed[®] Sinus Rinse[™]?

Neilmed[®] Sinus Rinse[™] is a saline (salt water) nasal wash used to treat rhinitis (inflammation of the lining of the nasal passages) and sinusitis (inflammation of the sinuses). It cleans mucus, allergens (substances that can cause an allergic reaction) and irritants from the nose and sinuses. It reduces inflammation (swelling) and may improve symptoms such as stuffy nose, runny nose, dry cough, facial pressure, facial pain and loss of smell / taste.

Neilmed[®] Sinus Rinse[™] Kit contains sachets that are dissolved in water to create a nasal wash solution and a squeeze bottle that enables the solution to be administered into the nose effectively. The sachets contain sodium chloride (salt) and sodium bicarbonate. The solution is therefore isotonic (contains a similar concentration of salt to the human body) and pH neutral (similar pH to the human body). This means it doesn't irritate your nasal passages or sinuses, or cause burning or stinging.

How do I use Neilmed[®] Sinus Rinse[™]?

Neilmed[®] Sinus Rinse[™] should be used as directed by your doctor. For most patients twice daily administration is recommended. Neilmed[®] Sinus Rinse[™] Kit contains a detailed patient information booklet. This includes step by step administration instructions and should be read carefully prior to use. A useful demonstration video is also available on the manufacturer's website (www.neilmed.com/uk/sinusrinse_isotonic.php). Treatment is usually recommended for three months initially and may be continued long term if it is found to be beneficial.

Are there any side effects?

Saline nasal washes are usually well tolerated. Side effects include ear discomfort whilst rinsing and drainage of leftover solution from the nose after rinsing. Both of these side effects can be avoided by following the administration instructions in the patient information booklet. You may experience a temporary increase in nasal congestion, but this will usually improve with continued use.

You should not swallow the solution, however if you do so accidentally, there is no harm as the amount of salt ingested in one swallow is low.

How do I get a repeat prescription?

Neilmed[®] Sinus Rinse[™] sachets are classed as a medical device rather than a medicine, and they cannot be prescribed on an NHS prescription by your GP. You will be provided with your first pack by the hospital, but if you need a further supply you must purchase them online or in a pharmacy. There are several different types of Neilmed[®] Sinus Rinse[™] sachets and you should ensure that you purchase the isotonic ones. It is recommended that the squeeze bottle is replaced every three months.

Alternatively you can make your own saline nasal wash solution using the following method:

- Measure **one** teaspoon of sea salt, canning or pickling salt
- Measure **half** a teaspoon of baking soda
- Dissolve both the salt and baking soda in **one** pint of freshly boiled and cooled water

This can be administered using a nasal irrigation pot (neti pot), which are available to purchase from several major online retailers. Following administration any unused solution should be discarded; fresh solution should be prepared for each administration.

Contact us

If you have any questions or concerns about Neilmed® Sinus Rinse™, please contact:

- The Lloyds Pharmacy located in the Sainsbury's shop on Great Maze Pond, Guy's Hospital
t: 020 7188 7611 (Monday to Friday 8am-11pm, Saturday 9am-10pm, Sunday 9am-9pm)
- The Lloyds Pharmacy at St Thomas' Hospital
t: 020 7188 7642 (Monday to Saturday 7am-10pm and Sunday 9am-7pm)

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 e: pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 fax: 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk

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