

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 (swelling) of the sinuses). It cleans mucus, allergens (substances that can cause an allergic reaction) and irritants from the nose and sinuses. It reduces inflammation and may improve symptoms such as stuffy nose, runny nose, dry cough, facial pressure, facial pain and loss of smell/taste.

A 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. Each sachet contains sodium chloride (salt) and sodium bicarbonate. The solution is 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 a day administration is recommended. A Neilmed[®] Sinus Rinse[™] kit contains a detailed patient information booklet. This includes step-by-step instructions and should be read carefully before use. A useful demonstration video is available on the manufacturer's website (www.neilmed.com/uk/directions-videos.php). Treatment is usually recommended for three months, at first, and may be continued long-term if it is found to help.

Are there any side effects?

Saline nasal washes do not normally cause problems. Possible side effects include ear discomfort while rinsing, and drainage of leftover solution from the nose after rinsing. Both of these side effects can be avoided by following the instructions in the booklet in the pack. 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 make sure that you buy the **isotonic** ones. It is recommended that the squeeze bottle is replaced every three months.

You can make your own saline nasal wash solution, using the following method:

- Measure **one** teaspoon of sea, canning or pickling salt.
- Measure **half** a teaspoon of baking soda.
- Dissolve both the salt and baking soda in 500ml (one pint) of freshly boiled **and cooled** water.

This can be administered using a nasal irrigation pot (neti pot), which is available to purchase from several major online retailers. After use, any unused solution should be thrown away. Fresh solution should be prepared for each administration.

Contact us

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

- Guy's Outpatient Pharmacy, **t:** 020 7699 5320, Monday to Friday, 8am-8pm, Saturdays, Sundays and bank holidays, 9am-6pm
- St Thomas' Outpatient Pharmacy, **t:** 020 7200 8310. Monday to Saturday, 7am-10pm, and Sunday, 9am-7pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

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, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

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 website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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A list of resources is available on request