

INSTRUCTIONS FOR MAKING 7% SALINE FOR NEBULIZATION AND KEEPING IT STERILE

The Hypertonic Saline Home-Brew With Water

1. To 250 ml (or cc) (or approximately 8 ½ oz.) of distilled water add one level tablespoon of non-iodinated salt. Use Kosher salt, pickling salt or sea salt, not table salt. Use measuring spoons for this purpose.
2. Do not use regular iodinated table salt, as the iodide may irritate your airways.
3. Shake vigorously.
4. To keep this solution sterile, microwave it twice a day. Unscrew the top of the bottle enough to allow venting while microwaving. In a microwave, bring to a visual boil for approximately 15 seconds.
5. Let the solution cool down to room temperature before using.
6. Use 4 ml of this hypertonic saline through a Pari LC Jet nebulizer twice a day. You can use a syringe to make this measurement. Allow the syringe to air-dry between uses.
7. Remember to pre-treat with albuterol or xopenex if you have asthma that is affected by this solution.
8. Use a polypropylene bottle (look for plastic code “5” –often on the bottom of the bottle). Your physician can help you find an appropriate bottle if you cannot.
9. Do **not** use a polycarbonate bottle (plastic code “7”) as the heat may cause release of small amounts of the chemicals used to make the bottle

We advise you microwave the solution just after you have completed a treatment, so it can cool down before time for your next treatment.

