



BUDESONIDE SINUS RINSE

Your doctor is prescribing a steroid sinus rinse. This is an off-label treatment, meaning that the medication is not approved by the FDA for this purpose. Nevertheless, we believe it is a safe and effective treatment for chronic sinusitis and nasal polyps, particularly in patients who have had sinus surgery.

Insurance coverage:

- We typically prescribe 0.5 mg budesonide respules through your health insurance. This is usually covered, but sometimes requires a prior authorization from your insurance. We recommend that you not pay more than about \$33 for a one-month supply of this medication, as this is the approximate price to purchase this medication without insurance, through a compounding pharmacy.
- You do not need a nebulizer to use this medication in your sinuses. A nebulizer is a machine used to inhale the medication into the lungs for patients with asthma. The pharmacist will sometimes ask if you have a nebulizer at home, and you do not need one to use this medication in your sinuses.
- We can prescribe a similar dose of budesonide or a different steroid called mometasone through a compounding pharmacy. The best out-of-pocket cost for a twice-daily, 3 month supply is \$99, including free 2-day shipping, through Advanced Rx pharmacy.

Instructions:

1. Make an 8 oz (240 cc) saline sinus rinse using a Neilmed bottle, a saline packet, and distilled water.
2. Add the entire liquid from the vial (for Budesonide, brand-name Pulmicort) or powder from the capsule (for Advanced Rx) into the rinse bottle
3. Rinse the full 8 oz equally through both nostrils. Breath through your mouth while rinsing to prevent swallowing the medication.

For more information, please visit <https://www.youtube.com/watch?v=oJjuOmUiTB4> for a demonstration of how to use this medication properly.