



## PULMICORT (BUDESONIDE) RESPULES INSTRUCTIONS

This medication is not FDA approved for this particular use.

When using this medication, it is NOT to be used in a nebulizer.

Medication should be administered as directed by your physician.

We recommend a regular, yearly eye exam for any patient using topical nasal steroids for the theoretical risk of developing glaucoma.

### **Pulmicort Respules Dilute Solution:**

1. Mix Pulmicort Respules (0.5mg/2ml) into 8 oz. of warm saline (NeilMed or Netti Pot)
2. Use half of the solution in each nostril 2-3 times a day (or as instructed)

### **Pulmicort Respules Concentrated Solution:**

1. Mix together in a cup 1 Pulmicort respule (0.5mg/2ml) and 2 teaspoon (10ml) of saline solution
2. Use a syringe to draw up this mixture
3. Perform the technique below

### **Technique for concentrated Pulmicort irrigation:**

1. Place the solution in the right nostril and pinch the nose closed
2. Lay face down across a bed with your head hanging over the side for 60 seconds (this applies the medication to the right ethmoid and frontal sinuses)
3. Lay on the bed with the right side of your face resting on the bed for 60 seconds (this applies the medication to the right maxillary sinus)

4. Lay flat on your back for 60 seconds (this applies the medication to the sphenoid sinus)
5. Expel the remaining solution from your right nostril
6. Repeat the entire procedure in the left nostril (changing "right" to "left" in the instructions)