

What is a neti pot?

- A neti pot (or nose bidet) is a small pot filled with saline solution used to irrigate and cleanse the nasal passages
- The saline solution can be bought or made by using 2 to 3 cups of lukewarm water and one teaspoon of NON-iodized salt
- They are used to help with sinusitis, allergies, colds, and postnasal drip
- The procedure can be done one to twice daily and should only be minimally uncomfortable

How do I use one?

- They may be awkward to use at first
- Start by tilting the head forward and to one side
- Tilt the neti pot up to make a seal with one nostril
- The solution will run out of the other nostril
- If the solution gets into the back of the throat, the head is not far enough forward
- Irritation can be decreased by adding ½ teaspoon of baking soda, decreasing the salt content, or adjusting the water temperature