

# Neti Pot Sinus Rinse Bottle - User Manual

Model: NI-001 Capacity: 300 mL (10 oz)

Please read the user manual before using. Our recommendation is to replace your Neti Pot Sinus Rinse Bottle every six months.

**USE ONLY AS DIRECTED, IF SYMPTOMS PERSIST, CONSULT YOUR DOCTOR/HEALTHCARE PROFESSIONAL. ALWAYS READ THE USER MANUAL.**

**IMPORTANT:** To make your saline solution, mix one teaspoon of non-iodized powdered salt with 300 mL (10 oz) of boiled and sterilized water. Do not use tap or faucet water to dissolve the mixture unless it has been previously boiled and cooled down. Allow the mixture to cool to a tepid temperature before using it with your Neti Pot Sinus Rinse Bottle to avoid overheating, damaging the device or scalding your nasal passage. The Neti Pot Sinus Rinse Bottle should not be used in children under the age of 12.

For video instructions visit: [www.AbrahamThePharmacist.com](http://www.AbrahamThePharmacist.com)

## Step 1:

Please wash your hands and rinse the device. Fill the Neti Pot Sinus Rinse Bottle with 300 mL (10 oz) of lukewarm distilled, filtered or previously boiled water. Do not use tap or faucet water to dissolve the mixture unless it has been previously boiled and cooled down. Allow the water to cool to a tepid temperature before filling your Neti Pot Sinus Rinse Bottle to avoid overheating and damaging the device.

## Step 2:

Pour one teaspoon of non-iodized powdered salt into the Neti Pot Sinus Rinse Bottle. Tighten the lid on the device securely. Place one finger over the hole of the tip and shake the device gently to dissolve the mixture.



## Step 3:

Standing in front of a sink, bend forward to your comfort level and tilt your head to one side. Keeping your mouth open, and without holding your breath, hold the Neti Pot Sinus Rinse Bottle upside down and apply the tip of the device snugly against your nasal passage, press the valve button and ALLOW THE SOLUTION TO FLOW GENTLY until the solution starts draining from the opposite nasal passage. Use roughly half the solution in the Neti Pot Sinus Rinse Bottle (150 mL / 5 oz).



The solution should not enter your mouth unless you are tilting your head backwards. To stop the flow, release your finger from the valve.

## Step 4:

Blow your nose very gently, without pinching your nose completely to avoid pressure on eardrums. If tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, as this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage. At times, some solution will reach the back of your throat, so please spit it out.

To help drain any residual solution, blow your nose gently while tilting your head forward and to the same side of the nasal passage you just rinsed.

**Step 5:**

Now repeat steps 3 & 4 on your other nasal passage. If there is any solution left over, please discard it. We recommend you make a fresh solution each time you rinse. Rinse once or twice daily OR as directed by your physician. After use, please clean with soap and water and let it air dry.

**Product Storage:**

To store this product, keep it in a cool, dry, well-ventilated location, away from direct sunlight and corrosive liquids or gasses.

The Neti Pot Sinus Rinse Bottle is part of the ATP Health Innovations product line.

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