



Sinus Irrigation With Gentamicin

What is sinus irrigation? One treatment for sinusitis is to rinse out your sinuses. Your health care provider has prescribed an antibiotic medicine called gentamicin for you to use for this. Gentamicin is a compounded medicine. This means it is made only when ordered and only by compounding pharmacies. Allow at least 24 hours for your prescription to be ready after you place your order. Follow the instructions the pharmacy gives you for storing the medicine and expiration dates.

What will I need to buy?

- Neil Med Sinus Rinse Kit (available for purchase from our office, pharmacy, or retail store such as Target and Wal-mart.
- Distilled water

How to Irrigate

- Clean your irrigating device before and after every use. Check to make sure it is clean before each time you rinse. To disinfect the bottle, you can put the bottle in the microwave for 30-45 second, wash it with warm, soapy water and let it air dry or follow the cleaning instructions that came with your device.
- Make your saline sinus rinse as usual, but fill the bottle with distilled water to about one inch below the fill line to allow room for the gentamicin.
- Measure out the amount of the gentamicin solution you will need. The usual dose is 50 mL .You may let the solution you measured out warm up for 30 minutes before you use it. Keep the rest of the solution in the refrigerator.
- Add the gentamicin solution to your normal saline sinus rinse and irrigate the right nostril with half of the bottle, then the left with the remaining amount.
- Lean over the sink or stand in the shower. Place the tip of the bottle up to your nostril. Aim for the back of your head, not the top of your head. Gently squeeze the bottle to help the solution move through your sinuses and out your other nostril. Repeat these steps with your other nostril, using the other 1/2 of the solution.
- Rinse both nostrils with the gentamicin solution 2 times a day for 4 weeks.

You may feel mild burning or stinging when you rinse with the solution. This should go away after the first few times you use it. If you experience any unusual side effects, please contact the office.