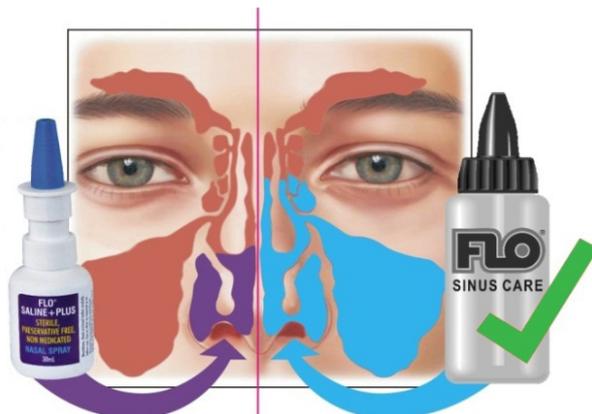


Topical Steroid (Pulmicort Respule) Therapy

Chronic Rhinosinusitis is a condition characterised by ongoing inflammation in the lining of the sinus cavities. In order to suppress this inflammation your doctor would like to start you on some topical anti-inflammatory medication called **Pulmicort Respules (Budesonide)**. This medication is to be delivered directly to the lining of the sinuses using a FLO® wash bottle together with FLO® Sinus Care or FLO® CRS powder.

The FLO® wash is known as a positive pressure and large volume irrigation. This has been shown to be the most effective way of removing stagnant mucus, bacteria and other irritants from the sinus cavities. Nasal sprays are ineffective as they do not provide sufficient fluid to perform the required task. Inhalations and nebulisers are similarly less effective than the large volume wash.



Nasal pump sprays and continuous spray devices provide only enough fluid for a nasal wash.

Washing paranasal sinuses requires a large volume of fluid delivered at positive pressure.

How to prepare your treatment

1. Add one sachet of FLO® Sinus Care or FLO® CRS to the clean empty FLO® wash bottle. Fill with cool boiled water to the "Fill line" marked on the bottle. Warm the fluid in the microwave in 10 second bursts until it is lukewarm.
2. Add the contents of one **Pulmicort Respule** to the solution and then place the black/blue top and fitted dip-tube into position and screw down firmly.
3. Place your finger over the tip of the black/blue cap and turn the bottle upside down and then right way up again 2-3 times to mix the solution. **DO NOT SHAKE THE BOTTLE.** The treatment is now ready to use.

Inserting the solution into the sinuses

1. With your head over the sink and your chin as close to your chest as comfortable insert the black/blue tip snugly into one nostril.
2. While breathing through your mouth squeeze the bottle to push half the fluid into the sinus cavities. The fluid will drain out through the opposite nostril.
3. Withdraw the bottle from the nostril and allow it to re-inflate. Then repeat the procedure on the other nostril.
4. Perform cleaning as per the instructions in the Product leaflet – also available over the page.

You should perform this irrigation as advised by your doctor. You will also be told how long to continue these treatments. If you are at all uncertain about your instructions please ask your doctor.



Information concerning the cleaning of your nasal and sinus irrigation bottle

The nose naturally harbours many different bacteria. Some patients with ongoing sinus disease also harbour these bacteria, as well as other forms of more aggressive bacteria in their sinus cavities. Therefore, the cleaning of your sinus irrigation device is of paramount importance.

Cleaning after use

Clean all components thoroughly using warm soapy water. After cleaning, rinse all components with tap water. Thoroughly dry all components using a clean paper towel.



Dry bottle



Dry cap



Dry tube

You may then wipe down the inside of the bottle and cap and tube with Isopropyl alcohol - available as pre-packed swabs or in solution (e.g. **Isocol**) from your local pharmacy. Simply wet a clean paper towel with Isocol and wipe down the bottle and its components. This helps to disinfect the bottle and components and to dry off any remaining water. Reassemble the bottle and store in refrigerator until next needed.

Before next use rinse bottle and components with previously boiled water to ensure any residuals from the isopropyl alcohol are removed.

It is important that you replace your sinus wash bottle after 2 months of use.

New bottles are available as a FLO CRS or FLO Sinus Care Starter Kit and can be obtained from your local pharmacy.

Information regarding Budesonide (Pulmicort)

This medication is available through the Pharmaceutical Benefits Scheme (PBS) on an Authority Script. It comes in an ampoule form and is indicated for use as an anti-inflammatory in asthmatic patients only. They are required to inhale the fluid through a nebulizer which transforms the fluid into a fine mist. In order to use the product as an anti-inflammatory in the sinus cavities your doctor has to write a private prescription as Budesonide has not yet been approved for topical use in the sinuses.

There is now good evidence to show that this medication is very effective in reducing the degree of inflammation in the sinus cavities. To date there have been no reported steroid side effects when this product is administered into the sinus tissues by way of the large volume wash. When an ampoule of Budesonide is mixed with 200mL of solution used to wash the sinuses and then administered, most of the dose is washed into the basin. Taking steroid tablets is associated with steroid side effects when taken for prolonged periods of time.

If you have any questions about the ongoing use of Budesonide (Pulmicort ampoules) please ask your doctor.