

Directions for off-label use of Bactroban (Mupirocin) Irrigations

1. Wash your hands with soap and warm water before mixing the solution and before irrigation.
2. Mix the Neil Med sinus solution per the directions (using DISTILLED OR BOTTLED WATER and the Sodium Chloride/Sodium Bicarbonate Packets). You may also make your own saline solution.
 - o Add 2 level teaspoons of non-iodized (pickling or canning) salt per quart of water and shake or stir. You may adjust the amount of salt up to 3 level teaspoons as needed if you tolerate it better. Some people prefer to add 1 level teaspoon of baking soda (pure bicarbonate) to the solution to make it less irritating. This is optional.
3. Squirt 1 inch of Bactroban ointment into the rinse bottle and tightly cap the bottle. Shake slowly and methodically to dissolve the ointment. Let the bottle sit at room temperature, shaking it occasionally until the ointment is dissolved.
4. Now use the Sinus Rinse bottle per your usual nasal routine. To minimize the amount that goes into your throat, stand upright over a sink. (Some patients prefer to do the irrigations in the shower.) Use 50cc (ml) on each side of your nose.
5. Perform this irrigation 2 times daily for the number of days agreed upon.
6. Call the clinic at **601-984-5160** with any questions or concerns.