
OVER THE COUNTER ALLERGY & SINUS REMEDIES

For mucous:

- ☒ GUAIFENESIN – without ‘D’ or without a Decongestant

Take 600 mg twice per day. Be sure to take each dose with a full glass of water, otherwise the medication will not work as intended. This will thin and loosen mucous and help with nasal and throat dryness, throat clearing and cough.

For allergies:

- ☒ Antihistamines – without ‘D’ for Decongestant, take as directed on the package

Examples: Zyrtec (cetirizine), Claritin (loratidine), or Allegra (fexofenadine)

For nasal and sinus health:

- ☒ Neil Med Saline Sinus Rinse

We recommend this brand because it is safe and easy to use. Be sure to mix according to the package instructions using DISTILLED water.

- ☒ Saline solution recipe – mix the following ingredients in a clean container:

1. ½ to 1 teaspoon of NON-iodized salt (such as canning or pickling salt)
2. Pinch of baking soda (to prevent burning)
3. 1 cup of warm distilled water (purchase at the grocery store)

Place the above ingredients into a clean and reusable sinus rinse bottle or draw up into a nasal bulb syringe. The most convenient way to perform a sinus rinse is in the shower, but it may also be performed over a sink.

Tilt your head down. Place the tip of the bottle or syringe into one nostril. With your mouth open, squeeze the bottle with moderate force so that the mixture can move through the nasal passages and out through your mouth. If gagging or ear pain occurs, squeeze more gently with your mouth closed and have water come back out through the other nostril. Mucous may come out of the nose with the water. Keep rinsing one side until the water comes out clear. Repeat the same process for the other nostril.

After rinsing, it is recommended that you wait 60 minutes prior to placing any prescription nasal sprays into the nose. Using nasal sprays prior to this time may make them ineffective, as the saline will continue to drain for a period of time after the rinses are performed. It is also not recommended to perform sinus rinses within 60 minutes prior to going to bed, as the saline will drain down the back of the throat and could cause cough.