

BUDESONIDE SINUS RINSE

Your doctor is prescribing a steroid sinus rinse. This is an off-label treatment, meaning that the medication is not approved by the FDA for this purpose. Nevertheless, we believe it is a safe and effective treatment for chronic sinusitis and nasal polyps, particularly in patients who have had sinus surgery.

Insurance Coverage:

- We typically prescribe 0.5 mg budesonide respules through your health insurance. This is usually covered, but sometimes requires a prior authorization from your insurance. We recommend that you not pay more than about \$33 for a one-month supply of this medication, as this is the approximate price to purchase this medication without insurance, through a compounding pharmacy.
- You do not need a nebulizer to use this medication in your sinuses. A nebulizer is a machine used to inhale the medication into the lungs for patients with asthma. The pharmacist will sometimes ask if you have a nebulizer at home, and you do not need one to use this medication in your sinuses.
- We can prescribe a similar dose of budesonide or a different steroid called mometasone through a compounding pharmacy.

Instructions for Use:

1. Make an 8 oz (240 cc) saline sinus rinse using a NeilMed bottle, a saline packet, and distilled water.
2. Add the entire liquid from the vial (for Budesonide, brand-name Pulmicort) or powder from the capsule or packet from the compounding pharmacy into the rinse bottle.
3. Rinse the full 8 oz equally through both nostrils. Breathe through your mouth while rinsing to prevent swallowing the medication.

For more information, please visit our website at www.theENTdoctor.com

Under “Videos,” you can find our Sinus Rinse Tutorial for a demonstration of how to use this medication properly.