



ADVANCED SINUS  
AND  
ALLERGY CENTER

1030 W. Higgins #325  
Park Ridge, IL 60068

# Budesonide (Pulmicort®) Irrigations

Budesonide is a steroid which decreases the inflammation in your sinuses. Off-label sinonasal budesonide irrigations are commonly used during the management of chronic rhinosinusitis (CRS). A very small amount can be absorbed in your bloodstream, but this has not been shown in the medical literature to cause hypothalamic-pituitary-adrenal axis suppression (decreased production of cortisol by your adrenal glands) even when used for 2 years.

To make your Budesonide rinse, follow these steps:

1. Pour 60 cc of saline (salt water) into a clean cup
2. Add ONE AMPULE of Budesonide
  - a. Note: the ampule may contain 0.5 mg per 2 mL or 0.6 mg per 2mL. This depends on the pharmacy and should not affect how you make your rinse.

To rinse your sinuses:

1. Fill up your irrigation device (Neti Pot, Neti Rinse syringe) with your Budesonide mixture
2. Rinse each side of your nose with HALF of the mixture (30 cc per side)
3. Do this twice daily for one month