



ADVANCED SINUS  
AND  
ALLERGY CENTER

1030 W. Higgins #325  
Park Ridge, IL 60068

## Manuka Honey Nasal Spray

Some patients continue to suffer from symptoms of sinusitis after maximal topical medical and surgical treatment for chronic rhinosinusitis (CRS). Manuka honey has well-documented antimicrobial and antifungal properties and has been shown to be particularly useful in patients with CRS due to bacteria that produce biofilms like *Pseudomonas aeruginosa* and *Staph aureus*.

To make your Manuka Honey spray:

You should do this once daily at bedtime for 30 days.

1. Purchase a 45 ml bottle of Nasal Saline (0.65% sodium chloride). It can be any brand. This is sold over the counter
2. Purchase Manuka honey
3. Wash your hands
4. Take off the lid/cap of the saline mist spray
5. Pull off the nasal applicator (plastic piece with hole in it) that snaps into the tube
6. Squeeze half of the saline out of the bottle
7. Put about 22 cc of the Manuka honey (1 ½ tablespoons) in the nasal spray bottle
8. Put the nasal applicator back on the bottle
9. Shake the solution to mix the honey with the saline
10. Rinse your nose with your Neti Pot or Neil Med squirt bottle

NOTE: PROCEED to the next steps ONLY AFTER you have rinsed your nose

11. Squirt 3 sprays of the mixture you have made into each nostril
12. Store in the refrigerator in between uses