

SALINE IRRIGATION SOLUTIONS

	% NaCl	Salt (nonionized)	Water distilled or boiled (warm)	Baking soda	Buffered
Wormald 2006 ⁴⁵³	.9%	1 tsp	500 mL	1 tsp	Yes
Tomooka 2000 ¹³³	1.6%	½ tsp	250 mL	None	No
Rombago 2002 ⁶⁴⁸	2%	1 tsp	480 mL	½ tsp	Yes
Brown 2004 ⁶⁴⁹	2%	1.5	950 mL	None	No
Talbot 1997 ⁶⁵⁰	3%	2-3 tsp.	950 mL	1 tsp	yes
Fellows ⁶⁵¹	.9%	1 tsp	480 mL	None	No

Adapted from: Wallace, D., et al., *The diagnosis and management of rhinitis: an updated practice parameter*. J Allergy Clin Immunol, 2008. **122**(2 Suppl): p. S1-84