

Making Normal Saline For Irrigation

You have been taught to irrigate with normal saline. Saline is salt water. Normal saline is similar to the salt water in your body. You can make normal saline at home. This page tells you how.

Irrigate means to rinse with fluid.

1

Fill a pan with tap water. You need to know how many quarts of water you put in the pan.



2

Add 1 tablespoon of salt for each quart of water.



3

Bring water to a boil. Boil for 12 minutes.



Storing Saline

- Store in a clean container with a lid.
- Keep in the refrigerator.
- Throw away after 7 days.

