

# Murieston Medical Practice

NHS Patient Notice

## Sterimar Nasal Spray — No Longer Routinely Available on NHS Prescription

Following national and local NHS guidance, **Sterimar nasal spray and similar saline nasal sprays will no longer be routinely available on prescription.** This is because guidance recommends that a salt solution can be easily made at home to rinse the nose — or if preferred, products like Sterimar can be purchased over the counter from pharmacies and supermarkets.

### How to Make a Saline Nasal Rinse at Home

- 1 Boil 1 pint (570 ml) of water, then allow it to cool.
- 2 Add 1 teaspoon of salt and 1 teaspoon of bicarbonate of soda.
- 3 Stir until fully dissolved.
- 4 Rinse the nose gently using a clean syringe, neti pot or cupped hands.
- 5 Make a fresh solution each day and store at room temperature.

*We understand that this may be an adjustment for you. Please be reassured that the homemade salt solution is **safe and effective** and is advised by our Ear, Nose and Throat Team.*

If you have ongoing symptoms or concerns about your nasal health, please **contact the practice** so we can review your treatment and ensure you have the most appropriate care.

Thank you for helping us use NHS resources responsibly.