## balloonnotes



# Instructions for Homemade Normal Saline for Enteral Use.

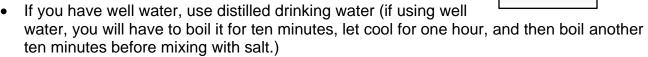
Your child has a GI (gastrointestinal) procedure done at home that requires the use of Normal Saline. These are instructions to make and store Normal Saline at home. This solution should **not** be used for other purposes such as IV (Intravenous).

### **Supplies**

Normal Saline solution can be stored at room temperature for 3 days in a closed container or up to 2 weeks in the refrigerator. The refrigerated solution would need to be out of the refrigerator for 1 hour to allow it to come to room temperature before using.

#### You will need

- Plain table salt from the store, any brand (not sea salt)
- Water from the sink or distilled drinking water from the store, any brand



- · A clean container with a lid
- Measuring teaspoon (tsp)

#### **Recipe & Instructions**

Wash your hands. Use a clean container with a lid. Measure 4 cups of warm or room temperature water and place into the container. Add 2 teaspoons (tsp) of table salt. Mix well with large spoon. Label the container **Normal Saline** and the **date/time** it was prepared.

- 4 cups of water
- 2 teaspoons of table salt
  - The salt dissolves in the water better if the water is warm.

#### Storage of Normal Saline

The prepared Normal Saline can be stored on the kitchen counter for 3 days or in the refrigerator for up to 2 weeks. If stored in the refrigerator, take the amount of normal saline that you need out of the refrigerator and allow it to come to room temperature before using (1 hour).

#### Reference:

Fellows, J., & Crestodina, L. (2006). Home-prepared saline. *Journal of Wound, Ostomy and Continence Nursing*, 33(6), 606–609. <a href="https://doi.org/10.1097/00152192-200611000-00003">https://doi.org/10.1097/00152192-200611000-00003</a>
Hardy, E. T., Stringer, S. P., O'Callaghan, R., Arana, A., Bierdeman, M. A., & May, W. L. (2015). Strategies for decreasing contamination of homemade nasal saline irrigation solutions. *International Forum of Allergy & Rhinology*, 6(2), 140–142. <a href="https://doi.org/10.1002/alr.21613">https://doi.org/10.1002/alr.21613</a>