HOW TO MAKE NORMAL SALINE SOLUTION AT HOME

Saline solution is easy to make at home.

You will need:
• one clean glass bottle or jar with lid
• table salt
• tap water

Instructions:
1. In a small bowl or container, mix one cup of warm water and ½ teaspoon of salt.
2. Allow the mixture to cool before using in your flush or enema.
3. Notes:
   • If you have concerns about the quality of your water, you may boil it for 15 minutes BEFORE adding the salt. Then, allow it to cool before using.
   • You can make a large container of this and store in the refrigerator for up to one week. For each cup of tap water or boiled water just add ½ teaspoon of salt.

For questions or concerns, please contact the Colorectal Clinical Team at
202-476-CULO (2656)
ColorectalNurse@childrensnational.org