

Information for patients and carers

Budesonide Nasal Rinses in Vasculitis

What is budesonide?

Budesonide is a steroid that can help to reduce inflammation in the body.

What is the aim?

Your doctor is offering you budesonide, diluted in a saline nasal rinse, in an attempt to reduce the overall dose of steroid tablets needed to help control any symptoms in your nose caused by vasculitis.

How do I use it?

Budesonide (Pulmicort Respule®) comes in 1mg/2ml strength respules (containers).

You will need a NeilMed Sinus Rinse bottle to prepare the nasal rinse as directed in the table below. Unfortunately, NeilMed Sinus Rinse bottles are considered a medical device rather than a medicine and therefore are not available via NHS prescription but can be purchased over the counter at a pharmacy.

The NeilMed Sinus Rinse comes with a detailed instruction booklet on how to use the device and useful videos can be found on the manufacturer's website (<https://www.neilmed.com/unk/instructional-videos/>).

1 st month	Dissolve one budesonide respule in one NeilMed bottle of saline (240ml).	Use half a bottle (120ml) into each nostril. Do this twice a day (1mg budesonide in the morning and 1mg at night)
2 nd month onwards	Dissolve one budesonide respule in one NeilMed bottle of saline (240ml).	Use half a bottle into each nostril once a day (1mg budesonide once daily)

Are there any side effects?

Patients who have used budesonide nasal rinses for other conditions have expressed discomfort with the volume and frequency of nasal irrigations. No complications have been found when using budesonide rinses at the doses you are being given.

What are the alternatives?

Alternative treatments include a steroid tablet which affects all of the body rather than just the targeted sinus areas. Treatment without the use of any steroids may carry a significant risk of uncontrolled disease.

Contact details

Should you require further advice or information please contact the Renal department on telephone: **01772 522739**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

If you would like any further information or have any questions about your planned treatment, please speak with your consultant and treating team. More information about vasculitis can be found on the Vasculitis UK and Versus Arthritis websites which are listed below.

The Northwest Vasculitis Support Group is made up of patients in the Lancashire region. They are a great source of patient support, and also welcome family, friends and carers.

Vasculitis UK - www.vasculitis.org.uk

Versus Arthritis - www.versusarthritis.org

Northwest Vasculitis Support Group - nwvasculitis@outlook.com

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolvem@LTHTR.nhs.uk

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