

## Instructions for Homemade Normal Saline for Enteral Use.

These are instructions to make and store normal saline at home. This normal saline is for use in the GI (gastrointestinal) tract only. This solution should **not** be used for other purposes such as IV (Intravenous). Normal saline is salt and water mixed together in exact amounts. **It is very important you follow the recipe exactly using kitchen measuring tools.** If it is mixed wrong, it could be harmful.

### Supplies

- Plain table salt (not sea salt) from the store - any brand
- Water from the sink or distilled drinking water from the store - any brand
- If using well water, you will have to boil it for ten minutes, let it cool for one hour, and then boil it again for another ten minutes before mixing with salt
- Clean container with a lid
- Measuring teaspoon (tsp)
- Measuring cup
- Large spoon



### Recipe & Instructions

Wash your hands. Measure 4 cups of warm or room temperature water and pour it in a clean container with a lid. The salt dissolves in the water better if the water is warm. Add 2 teaspoons (tsp) of table salt. Mix well with a large spoon. Label the container **Normal Saline** and put the **date and time** it was made.

### Storage of Normal Saline

Normal saline can be stored at room temperature for 3 days in a closed container or up to 2 weeks in the refrigerator. If stored in the refrigerator, take out the amount of normal saline you need, and allow 1 hour for it to come to room temperature before using.

### References

- Fellows, J., & Crestodina, L. (2006). Home-prepared saline. *Journal of Wound, Ostomy and Continence Nursing*, 33(6), 606–609. <https://doi.org/10.1097/00152192-200611000-00003>
- 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. <https://doi.org/10.1002/alr.21613>