

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
- If you have well water, use distilled drinking water (if using well water, you will have to boil it for ten minutes, let cool for one hour, and then boil another ten minutes before mixing with salt.)
- 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. <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>