

The Saline Recipe

Preparation process:

- For every 1 liter of water, use 1 teaspoon of salt
- Prepare storage container by washing, rinsing well, and giving a final rinse with some boiled water
- Storage container must have a lid and should be labeled and dated

- Place your measured water in a pot and just bring it to a boil
- Turn the stove off
- Pour the boiled water into the clean and well-rinsed storage container
- Add the salt to the container and place lid on
- Gently mix the solution in the container to combine salt and water
- You have now prepared your own saline

Storage:

This saline can be used for up to one week if it is stored in the fridge.

This saline can be used for up to 24 hrs if it is kept at room temperature.

Important Note:

This method of making saline does not produce a sterile product.

This saline is for procedures such as cleaning around the tracheostomy stoma and soaking/clearing catheters used for suctioning.

This saline is **NOT** fit for instillation into the tracheostomy and should never be used to replace saline that is required to be sterile.

For more information:

www.technologyforliving.org

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