

# HOW TO MAKE SALINE



**Children's National.**

## 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  $\frac{1}{2}$  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  $\frac{1}{2}$  teaspoon of salt.



For questions or concerns,  
please contact the Colorectal Clinical Team at

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