



How to Use a Bulb Syringe for Nasal Congestion

Nasal congestion from a cold can make it difficult for a young infant to breathe while eating. Mucus can be removed from the infant's nose with a bulb syringe.

Before using a bulb syringe, saline nose drops can be used to thin the mucus. Saline nose drops can be purchased in most pharmacies, or can be made at home by adding 1/4 teaspoon salt to 8 ounces (1 cup) of warm (not hot) water. Stir to dissolve the salt, and store the solution for up to 1 week in a clean container with a cover.

Place the infant on his or her back. Using a clean nose dropper, place 1 to 2 drops of saline solution in each nostril. Wait two minutes.

Squeeze and hold the bulb syringe to remove the air. Gently insert the tip of the bulb syringe into one nostril, and release the bulb. The suction will draw mucus out of the nostril into the bulb.

Squeeze the mucus out of the bulb into a tissue.

Repeat suction process several times in each nostril until most mucus is removed.

Wash the dropper and bulb syringe in warm, soapy water. Rinse well, and squeeze to remove any water.

The bulb syringe can be used two to three times per day as needed to remove mucus. It is best to do this before feeding; the saline and suction process can cause vomiting after feeding.