

Budesonide Nasal Irrigation

Evidence and Clinical Outcomes

High-volume corticosteroid nasal irrigations are widely used in the management of chronic rhinosinusitis (CRS) and post-operative care. Among available options, **Budesonide is the most extensively studied and utilized corticosteroid in irrigation protocols.**

Most Studied Steroid in Irrigation

- Majority of published nasal irrigation studies utilize Budesonide¹
- Evaluated across CRS (with/without polyps) and post-operative patients¹

Reported Clinical Outcomes

Outcome Measure	Findings with Budesonide Irrigation	Evidence Support
Symptom burden (SNOT-22)	Significant improvement	Systemic review + multiple studies ¹
Endoscopic findings	Improved mucosal healing and reduced inflammation	Post-op and CRS studies ¹
Post-operative recovery	Faster resolution of edema and inflammation	ENT surgical cohorts ¹
CRS symptom control	Superior to saline irrigation alone	Controlled studies ¹

Findings summarized from published CRS irrigation studies and systematic reviews.

Why Its Widely Used

- Extensive clinical experience in ENT practice
- Consistent outcomes across studies
- Reliable dispersion in saline irrigation

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I've had six sinus surgeries trying to correct my issue over the last 11 years. But Budesonide is helping me more than anything. I'm back to where I was before it all began.

R.S. Huntsville, AL

”

Budesonide Irrigation Safety Summary

Safety Perimeter	Findings	Supporting Evidence
HPA-axis function (short-term)	No clinically significant suppression	Bhalla 2008 ² , Welch 2010 ³
Morning cortisol levels	Remain within normal range	Bhalla 2008 ²
Clinical adrenal effects	Not observed in standard dosing	Multiple studies ²³
Long-term use	Generally well tolerated	Long-term cohort data ⁴
Extended/high-dose use	Possible subclinical suppression in select patients	Soudry 2016 ⁴

Standard dosing commonly ~1.0 mg Budesonide in saline irrigation. The FDA does not evaluate compounded medications for safety or efficacy.

Short Term Use

- No clinically significant HPA-axis suppression²³
- Normal morning cortisol levels²
- No clinical adrenal effects reported²³

Long-Term Considerations

- Generally well tolerated
- Subclinical cortisol suppression reported in select patients⁴
- Risk increases with:
 - Higher dose
 - Prolonged use
 - Multiple steroid therapies

Clinical Takeaway

- Most studied corticosteroid in nasal irrigation¹
- Consistent improvement in CRS outcomes¹
- Established safety profile in standard use²³

Questions?

Contact your Massey Drugs Medical Liaison or call 833.540.3500 to speak with a pharmacist.

References

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5. Demoly P. Safety of intranasal corticosteroids in acute rhinosinusitis. Am J Otolaryngol. 2008.

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