

■ **Mouthwash:** 3 times a day.

Gargle three times a day (do not swallow) with an antiseptic-antimicrobial mouthwash containing chlorhexidine, cetylpyridinium chloride (e.g., Scope™, Act™, Crest™) or 1% povidone-iodine.

■ **Nasal spray with 1% povidone-iodine:** 2-3 times a day.

Do not use for more than 5 days in pregnancy. If 1% product is not available, dilute the more widely available 10% solution (see box) and apply 4-5 drops to each nostril every 4 hours.

#### **HOW TO MAKE 1% POVIDONE- IODINE CONCENTRATED SOLUTION**

- Pour 1 ½ tablespoons (25 ml) of 10% povidone-iodine solution into a 250 ml nasal irrigation bottle.
- Fill bottle to top with distilled, sterile, or previously boiled water.
- To use: tilt head back, apply 4-5 drops to each nostril. Keep head tilted for a few minutes, then let drain.