



# Making Sterile Distilled Water and Sterile Saline Solutions at Home

You can make sterile water and sterile saline (salt water) solutions at home.

## To Learn More

- Home Care Services  
425-482-4000 or  
toll-free 800-888-4429
- [homecare.info@seattlechildrens.org](mailto:homecare.info@seattlechildrens.org)
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

## Sterile distilled water

### You'll need:

- Distilled water. You can buy this at your local grocery store.
- Clean, pint-size jars with lids.

### Here's how:

1. Do not use a dishwasher. To sterilize the jars and lids, you must do this on the stove.
2. Boil the jars and lids in enough water to cover them completely for 15 minutes. Carefully remove the jars from the water. Be careful not to touch the inside of the jars or lids.
3. Boil the distilled water for 15 minutes.
4. Pour the boiled distilled water into the sterile jars and seal tightly. Cool and store.
5. Make only a two-day supply at the most.

## Normal saline (salt water)

### You'll need:

- One cup of tap water
- ¼ teaspoon of salt (do NOT use iodized salt)
- Empty baby food jars with lids

### Here's how:

1. Do not use a dishwasher. To sterilize the jars and lids, you must do this on the stove.
2. Boil the jars and lids in enough water to cover them completely for 15 minutes. Carefully remove the jars from the water. Be careful not to touch the inside of the jars or lids.
3. Boil the salt and water mixture for 15 minutes.
4. Pour the salt water mixture into the sterile jars and seal tightly. Cool and store.
5. Make only a two-day supply at the most.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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