How to Make Normal Saline

This recipe for normal saline will save you money and allow you to fix the amount you need. Other names for this solution are boiled salt water, sodium chloride 0.9% solution, or isotonic sodium chloride. Normal saline is used for cleaning wounds, suctioning, tracheostomy care and other treatments.

Supplies:
- Table salt (plain, not iodized)
- Measuring teaspoon
- Sterile jar with lid
- Pan with lid
- Measuring cup
- Pan with lid
- Timer or clock

Steps to follow:
- Wash your hands well with warm water and soap. Rinse with warm water and dry.
- Get your supplies together.
- Wash the pan and lid with mild soap and water. Rinse well with water.
- To make one (1) quart (32 ounces or 1000 ml), measure 4 cups of tap water and pour it into the pan.
- Add 2 level teaspoons of table salt to the water.
- Cover the pan. Bring the water to a boil and boil for 15 minutes. Be sure to keep the lid on the pan.
- Remove the pan from the heat. Keep the lid on the pan while the normal saline cools to room temperature.
- Pour the normal saline into a sterile jar. Close the jar tightly with a sterile lid.
- Label the jar with the date and time the normal saline was made. Also mark the date and time you should throw away or discard any that is left in the jar. This would be 48 hours after you open the jar. Here is an example of a label:
  Date and time made ______________
  Date and time to discard __________

- Throw away unopened jars of normal saline one month after you prepared them.

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