



Preparing Saline Solution

What will I need to prepare saline solution?

- Table salt (Sodium Chloride)
- Measuring Teaspoon
- Clean jar or other container with a lid. Reuse this container.

What is the recipe for saline solution?

- 2 Teaspoons of table salt
- 1000 mL (4 cups) of warm tap water

How do I prepare saline solution?

- Wash your hands well and rinse them with warm water.
- Pour 1000 mL (4 cups) of warm water
- Add 2 teaspoons of table salt into your container. Measure exact amount of salt to make sure it is correct.
- Mix until salt is completely dissolved.
- Label your container.

*** Cut along dotted lines and tape onto your container***

Normal Saline Recipe

2 Teaspoons of table salt
1000 mL (4 cups) of warm tap water

If you use well water, boil it for ten minutes, let cool for one hour, and then boil another ten minutes before mixing with salt. Normal saline solution can be stored at room temperature for three days in a closed container.

What is the contact information?

If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Erin Larowe

Reviewers: Jennifer Chamberlain, RN, BSN; Daniel Teitelbaum, MD

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 10/2013