

Nasal 10% Povidone-Iodine (Iodophor) Instructions



USE TWICE DAILY

Monday – Friday, EVERY OTHER WEEK

Step 1:

Use a tissue to clean nostrils prior to using swab



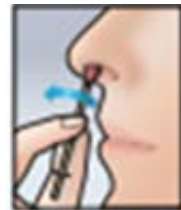
Step 2:

Insert one swab into one nostril and rotate firmly for 30 seconds, covering all surfaces. Discard swab.



Step 3:

Repeat with 2nd swab in other nostril



Preventing infection is important for 6 months after hospital discharge. This kit has 3 months of swabs. Contact your provider for another 3 month refill.