

HYDROGEN PEROXIDE FREQUENTLY ASKED QUESTIONS (FAQ)

Uses

3% Hydrogen Peroxide (H_2O_2) is used to help you stay healthy and remain healthy by adding O_2 (Oxygen) to your body. In the case of congestion, cold and flu-like symptoms, it can help you cough up mucous (sputum) in your lungs by using it in a nebulizer. It can be used alone or mixed with other medications and inhaled using this special machine designed for this purpose called a nebulizer. These 3% H_2O_2 inhalation treatments - accomplished by putting approximately 3 mL (ccs) in the reservoir container and breathing for several minutes – can also be beneficial for maintaining good health because of this same process of adding O_2 (oxygen) to your body.

How to use 3% H₂O₂ (Hydrogen Peroxide) Solution in a Nebulizer

3% Hydrogen Peroxide is used with the nebulizer in order to change the solution to a fine mist that you inhale. 3% H_2O_2 is recommended to use as it comes out the bottle. If excessive coughing or mouth and throat irritation occur, dilute with water until the discomfort and excessive coughing subside or stop use completely until you consult a person experienced in Hydrogen Peroxide Inhalation Therapy. If a child is using the 3% H_2O_2 for inhalation, the solution should be mixed with equal parts of distilled or purified water. A parent or other responsible adult should always monitor children while they do inhalations with a nebulizer since the child may need help in order to use the nebulizer properly. If you have any questions, ask someone skilled in the use of nebulizers or a health care provider. 3% H_2O_2 should be clear and colorless. Before using, check the peroxide visually for particles or discoloration. If either is present, do not use the liquid.

Using the nebulizer, inhale the hydrogen peroxide solution into your lungs. These inhalations can be used for as long as necessary up to 10 minutes every hour. Healthy people usually do not need to do more than 3 or 5 minutes 2 or 3 times daily to maintain optimum health. The treatments can also be discontinued as soon as the individual's O_2 (oxygen) blood level reaches 97 to 98 % SpO_2 (peripheral oxygen saturation) as indicated by a pulse-oximeter device, another minute or so is all that is necessary. These inhalation treatments can be used at will until any light headedness or stomach distress occur. If you do experience any of these uncomfortable situations, stop for several hours or until symptoms subside. The inhalation process can be resumed anytime after that. Hydrogen peroxide is safe to drink in very diluted amounts. The recommended amount of 3% H_2O_2 to be added to water for drinking purposes is 1 oz of 3% H_2O_2 to a gallon of spring or filtered water. If the peroxide intended for drinking purposes has any taste that you find unpleasant, you can use less peroxide to produce a more palatable drinking water.

Hydrogen peroxide 3% is an eye irritant. Spraying directly into the eye should be avoided. If some spray entering the eyes should accidentally occur, irrigating the eye(s) with fresh water or saline solution can decrease the irritation time. Rarely is medical intervention necessary but in the case of any and all situations where medical intervention is obviously required, call your health care provider or visit your nearest urgent care facility or hospital emergency room.

H_2O_2 is naturally sterile. Once added to the reservoir container in the tubing line, there is no need to discard any unused solution after a treatment or use. Simply disinfect the mouthpiece by spraying it with 3% H_2O_2 and resume treatments as desired. Refill the reservoir container as needed. To prevent cross contamination of any type and to be able to allow family members to use the same inhalation delivery device, clean the nebulizer mouthpiece or face mask with 3% H_2O_2 . After each

use and prior to subsequent use, spray the mouthpiece or mask lightly with 3% H₂O₂ and allow to dry. Once dry, it is ready for use. (If the 3% concentration spray causes any mouth or tongue irritation, rinse the orifice opening with water before proceeding.)

SIDE EFFECTS:

Hydrogen peroxide used for inhalation at a 3% concentration rarely has any side effects. Preparing drinking water at the rate of 1 oz 3% Hydrogen Peroxide to one gallon of spring or filtered has no side-effects. The most common side effect ever experienced is stomach queasiness which indicates you have ingested too much peroxide. If accidental ingestion of a large quantity of 3% hydrogen peroxide does occur, vomiting will immediately result. Once vomiting has subsided, the individual will rapidly return to normal. If you have any unusual effects, discontinue use and contact someone experienced in the use of hydrogen peroxide or with a health care provider. IN NO CASE, should any concentrations of Hydrogen Peroxide greater than 3% be used orally or for inhalation. More concentrated forms of hydrogen peroxide – usually labeled “food grade” must be diluted to a concentration of 3% by a person skilled in hydrogen peroxide use.

Serious allergic reactions to 3% hydrogen peroxide are virtually non-existent. Almost all reported problems (which have been less than 100 in a 20 year span up to 2020) since reporting of such side-effects began have been with people accidentally ingesting too much 3% hydrogen peroxide at a time or using higher concentrations of food grade Hydrogen Peroxide improperly.

Special note:

It is not necessary to use food grade peroxide either for oral or inhalation use. The 3% hydrogen peroxide which can be conveniently purchased at most grocery or drug stores is fine. It is also fine to use food grade peroxide if you wish but be aware that it **MUST BE DILUTED TO 3% OR LESS BEFORE USING FOR ORAL OR INHALATION.**

Disclaimer: “The statements supplied here have not been evaluated by the Food and Drug Administration. These products and protocols are not intended to diagnose, treat, cure, or prevent any disease. Any health related information contained herein or delivered verbally is for educational purposes only. None of the information provided is to be construed as medical advice. Before applying any therapy or using any protocol, you may want to seek advice from your health care professional. The information should not be a substitute for physician evaluation or treatment and is not intended to provide or confirm a diagnosis. In the event you use this information without your doctor’s approval, you are prescribing for yourself, which is your constitutional right, but the individual supplying the educational material assumes no responsibility.