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Nebulised hypertonic saline



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Respiratory Medicine
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 Health & care
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What is nebulised hypertonic saline?

Hypertonic saline is a strong salty water solution prescribed by your doctor or nurse for your nebuliser to help clear the phlegm from your chest.

This works by thinning the phlegm and making it easier to clear when you do your physiotherapy chest clearance exercises.

It is important that you follow the instructions carefully to gain the most benefit from the nebulised solution.

How often do I nebulise the solution?

Most individuals prefer to do the nebuliser in the mornings, as this is when their phlegm is most troublesome.

If you find it more convenient for your lifestyle or simply prefer to use the nebuliser in the evening, as that is when the phlegm is troublesome, then do so.

Hypertonic can be administered up to twice daily during an infective exacerbation and can be regulated you. Once you are feeling well enough to reduce the dose, return to once daily to ensure you are able to step the treatment up to twice daily with any future exacerbations.

If you require more information in regards to the dose please contact the specialist.

Are there any risks involved with administration of this therapy?

There is a risk of mild to very severe allergic reaction but this is very rare.

There is also a potential risk of airway irritation causing spasm, which will result in breathlessness, chest tightness and wheeze.

To reduce the element of risk and provide a safe controlled environment we will undertake a one-off challenge of this drug in the chest clinic.

In this way we can ensure that any reaction is quickly identified and correctly treated.

What equipment will I need?

Air compressor (provided by the hospital).

Nebuliser units (provided by the hospital).

Air compressor filters (provided by the hospital).

4ml hypertonic saline nebulisers (on prescription).

Both a mask or mouthpiece are equally effective for drug delivery and should be driven by patient preference.

For those patients who use an iNEB (for Promixin) can also use the hypertonic through this by requesting additional discs and large reservoir for administration. A ultrasonic pocket sized nebuliser which is very small, portable, silent and battery operated can be purchased by patients who work or enjoy weekends away or holidays.

How do I use the therapy?

If you use a nebulised relievers (bronchodilators) then take it 20 minutes before the hypertonic saline.

Please use a separate nebuliser unit for the hypertonic saline.

1. Set up your clean nebuliser pot and place it on the mount for ease.
2. Twist the top off the nebuliser and squeeze the full 4mls into the nebuliser chamber.
3. Find a comfortable position either sitting in the chair or propped up in bed.
4. Make sure you place your lips firmly around the mouthpiece to create a complete seal.
5. Turn on the air compressor and nebulise the solution for ten minutes.
6. You will notice some of the solution is left in the bottom of the chamber.

7. Throw away all the left over solution
8. Clean the nebuliser chamber thoroughly as directed in the nebuliser management instruction leaflet.
9. Now do the sputum clearance exercises that you have been taught.
10. You may have an almost instant response or it could take up to an hour.



What should I do if I experience any side effects after using this drug?

If you experience respiratory difficulty such as an increased wheeze, chest tightness or breathlessness then you must promptly attend the Accident and Emergency Department for a medical review.

If you experience swelling of the lips, tongue or face you should treat this as an emergency and call for an ambulance.

Reaction is rare nonetheless if you do experience chest tightness, coughing bout or wheeze that quickly clears then discontinue the therapy and advise your healthcare professional or specialist by contacting her on the number below.

If you have a blue reliever inhaler then use this to help with the symptoms.

Are there any alternatives to nebulised hypertonic saline?

You have been referred for a challenge of nebulised hypertonic saline only after all other alternatives have been explored.

The purpose of this treatment is to try to break up the phlegm and improve the cough reflex after excluding all other treatable diagnosis.

The drug is licensed for this indication and studies have shown improvement in quality of life and for some lung function.

What will happen if I decide not to have nebulised saline?

Your phlegm is likely to remain unchanged.

Further Information:

Please telephone us on:

 **0161 206 4423**

or

 **0161 206 0865**

Visit the websites:

British Thoracic Society

 **www.brit-thoracic.org.uk**

or

British Lung Foundation

 **www.lunguk.org.uk**

You can also contact:

NHS 111

 **Dial 111**

or visit their website:

 **www.nhs.uk/111**



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Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

or Email:

InterpretationandTrans@srft.nhs.uk

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