

# TOBI / Bramitob

## Information for adult patients with cystic fibrosis

This information sheet explains how to take your nebuliser, possible side effects and advice on use, cleaning and storage..

### What is TOBI/Bramitob?

The nebuliser solutions are two brands of the antibiotic tobramycin, which is used to treat *Pseudomonas aeruginosa* infection in your lungs. They are used one month on, one month off, usually alternating with another nebulised antibiotic. You can use them for one month to try to clear a new growth of *Pseudomonas* in your sputum or use them long term as maintenance treatment if you always grow it.

### Usual dose

Using the eFlow device:

- o TOBI 300mg/5ml – nebulise 5ml twice daily on alternate months
- or
- o Bramitob 300mg/4ml – nebulise 4ml twice daily on alternate months.

Using the I-neb device:

- o TOBI 300mg/5ml – nebulise 2ml twice daily on alternate months.

Inhale or nebulise your usual bronchodilator (Ventolin/salbutamol or Bricanyl/terbutaline) before taking TOBI/Bramitob.

### Are there any side effects?

TOBI/Bramitob can cause chest tightness, wheezing or coughing. You can usually reduce these symptoms by using inhaled or nebulised bronchodilators such as salbutamol or terbutaline. To check for this and to assess your lung function, the physiotherapists at the hospital will arrange a trial dose for you before starting.

They can also cause: allergic reactions such as hives or itching, ringing in the ears, or a hoarse voice. Less common side effects include taste disturbances, sputum discolouration or coughing up blood. If you cough up blood, contact the CF team for advice. If it is a large amount, go to your nearest A&E for assistance.

## Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

**If we don't ask these questions, then please ask us to check.**  
Ensuring your safety is our primary concern.

The patient information leaflet that comes in the package has a full list of possible side effects. If you have any of these or any other symptoms, contact the CF team.

## How do I take TOBI/Bramitob?

### Using an eFlow® or conventional compressor:

- Empty one plastic ampoule of the drug into the nebuliser pot or chamber:
  - TOBI is a 5ml ampoule
  - Bramitob is a 4ml ampoule
- Nebulise until there is no more vapour or the device completes its pre-set delivery (this will be explained separately according to the device you have).
- Use a filter set, solid mouthpiece and filter pads to avoid other people breathing in the antibiotic.

### Using an I-neb® (TOBI only)

- Fill your lilac chamber with TOBI and inhale.
- Immediately after completing, fill the lilac chamber a second time from the same ampoule and inhale.
- The lilac chamber holds about 1ml so the total dose is equivalent to 2ml.

## General advice

- Do not mix TOBI/Bramitob with any other drug in the same nebuliser pot or chamber.
- Nebulise TOBI/Bramitob twice a day, soon after physiotherapy.
- Take each dose 12 hours apart. If you forget a dose and remember more than six hours before your next, take it then. If you remember less than six hours before your next dose, miss the dose and take your next at the same time as usual.

## Cleaning and storage

- After each use, wash the nebuliser pot or chamber as advised by the manufacturer and the CF team.
- Store TOBI/Bramitob in a fridge at 2-8°C and protect from light. .

## Who do I contact with queries and concerns?

Monday to Friday, 9am – 5pm: Adult CF Physiotherapists, tel 020 3299 5284

At all other times: King's Adult CF Ward, tel 020 3299 8652

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: [kch-tr.pals@nhs.net](mailto:kch-tr.pals@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

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