

Bronchitol

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 Bronchitol®?

Bronchitol is a drug called mannitol that helps make secretions looser and easier to clear. It is a dry powder which you inhale through a special inhaler device.

Usual dose

Using the inhaler device provided:

- o 400mg twice daily.

As each capsule contains 40mg of mannitol, ten capsules need to be inhaled twice a day.

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

Are there any side effects?

Bronchitol can cause chest tightness, wheeze or coughing. Using inhaled or nebulised bronchodilators such as salbutamol or terbutaline, will usually avoid these symptoms. You will have a trial dose arranged by the physiotherapists at the hospital before starting Bronchitol to check for this and assess your lung function.

Other side effects may include coughing up blood, throat or chest discomfort or pain, vomiting, diarrhoea, heartburn, oral thrush, voice changes or chest infections. 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. The patient information leaflet that comes in the package has a full list of possible side effects. If you have any these or any other symptoms, contact the CF team.

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.

How do I take Bronchitol?

You will receive an information leaflet in your medication pack which you can refer to. The following steps are the recommended way to take your Bronchitol:

- Hold the inhaler upright and take off the cap
- Open the inhaler by turning the mouthpiece in the direction of the arrow
- Remove first capsule from the blister pack and place into the capsule-shaped space in the bottom of the inhaler
- Keep inhaler upright and twist mouthpiece closed
- You will hear a 'click' when it is properly closed
- Keep inhaler upright and fully press both 'piercing' buttons on the side of the inhaler and release
- Tilt inhaler so mouthpiece faces slightly down, breathe fully out away from the inhaler
- Tilt your head back slightly, place inhaler mouthpiece in mouth and close lips tightly
- Take a steady, deep breath in, fill lungs fully and hold for a count of five
- When you breathe in you should hear a 'rattling' sound as the capsule spins in the inhaler
- If you do not hear the rattle, hold the inhaler pointing downwards and tap the bottom firmly; do not press the piercing buttons again and repeat the inhalation to get your dose
- Take inhaler away from mouth, breathe out
- Check that the capsule is empty, if it is not empty carry out second breath in through inhaler
- Take out the empty capsule and throw away
- Repeat these steps for all 10 capsules.

General advice

- To get the best result from Bronchitol inhale each capsule one after another
- The evening dose of Bronchitol should be taken at least 2-3 hours before bedtime to reduce coughing throughout the night.

Cleaning and storage

- You do not need to wash your inhaler as you will receive a new one with each new pack of Bronchitol.

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

You can also contact us by using our online form at 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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