

Cayston

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 Cayston®?

Cayston is a nebulised form of the antibiotic aztreonam, which is used to treat *Pseudomonas aeruginosa* infection in your lungs. You use it one month on, one month off, alternating with another nebulised antibiotic.

Usual dose

Using an eFlow with an Altera handset:

- o Cayston 75mg three times a day on alternate months.

Inhale or nebulise your usual bronchodilator (Ventolin/salbutamol or Bricanyl/ terbutaline) and (where applicable) Pulmozyme **before** taking Cayston.

We will prescribe you Cayston on alternate months with a different inhaled antibiotic or on its own.

Are there any side effects?

Cayston can cause chest tightness or wheezing. You can usually avoid 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.

It can also cause: cough, rash, sore throat, raised temperature or a blocked up nose. 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 Cayston?

Reconstituting the Cayston

Before nebulisation, you need to reconstitute the Cayston powder with the solvent provided, as follows:

- tap the vial of Cayston so the powder is all at the bottom
- open the vial by peeling off the metal top and removing the rubber stopper
- twist off the tip of the ampoule containing the solvent and squeeze out its contents into the vial of Cayston
- gently swirl the vial until the powder has fully dissolved in the solvent and the liquid is clear.

Using the eFlow

- Pour the liquid Cayston from the vial in to your eFlow Altera handset medicine reservoir.
- Nebulise until the eFlow completes its pre-set delivery.
- Use a filter set and pad to avoid other people breathing in the antibiotic.

General advice

- Do not mix Cayston with any other drug.
- If you miss a dose, you can still take all three daily doses as long as you take them at least four hours apart.
- If you cannot leave a gap of four hours, skip the missed dose.

Cleaning and storage

- After each use, clean the Altera handset as advised by the manufacturer and the CF team.
- Nebulise the liquid Cayston immediately. If you are unable to do this, it can be stored in a fridge at 2-8°C and used within eight hours.
- Store unopened vials of Cayston in a fridge at 2-8°C and protect it from light. Although unopened vials of Cayston are stable at room temperature (up to 25°C) for 28 days, **we do not** recommend storing it outside of a fridge.
- **Do not** use Cayston that has been stored outside of a fridge for more than 28 days.

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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