

Hypertonic saline

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 hypertonic saline?

Hypertonic saline (sodium chloride 3% or 7%) nebuliser solution helps to make your secretions looser and easier to clear.

Usual dose

Using a conventional compressor or eFlow®

- o 4ml once or twice a day.

Using an I-neb device

- o 2ml once or twice a day.

Are there any side effects?

Nebulised hypertonic saline can make you cough more and bring up more sputum. This is the result we want and it shows that it is working for you.

Nebulised hypertonic saline can make your airways tight and wheezy. You can usually help to 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.

It can also cause coughing or a hoarse voice. 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 hypertonic saline?

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

Using an eFlow or conventional compressor

- Empty 4ml of hypertonic saline into your device.
- Nebulise until there is no more vapour or the machine completes its pre-set delivery.
- You do not need to use a filter.

Using an I-neb

- Fill the bubble in the lilac chamber.
- Nebulise until the I-neb completes its delivery.
- Immediately refill the lilac chamber from the same vial and inhale a second time to get a full dose.

General advice

Do not mix hypertonic saline with any other drug in the same nebuliser pot or chamber.

Cleaning and storage

- After each use, clean the nebuliser pot or chamber as advised by the manufacturer and the CF team.
- Store hypertonic saline at room temperature.

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.