

# Colobreathe

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## Information for adult patients with cystic fibrosis

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

### What is Colobreathe®?

Colobreathe is a dry powder form of the antibiotic colistin, which is used to treat *Pseudomonas aeruginosa* infection in your lungs. You can use it for three months to try and clear a new growth of *Pseudomonas aeruginosa* or use it long term as a maintenance treatment if you always grow the bacterium.

### Usual dose

Using the Turbospin inhaler:

- o 1 capsule (1.66 million international units) twice a day.

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

The Adult Cystic Fibrosis team will let you know if you need to take Colobreathe continuously or every other month (usually alternating with another nebulised antibiotic).

### Are there any side effects?

Colobreathe can make your airways tight and wheezy. 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 allergic reactions such as face, tongue and neck swelling, a rash and breathing difficulties. If this happens, seek urgent medical attention.

## 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.

Other side effects can include cough, throat irritation, hoarse voice or loss of voice, headache, ringing in the ears, balance problems, coughing up blood, nausea, lack of energy, raised temperature, anxiety, chest pain and diarrhoea. 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, please contact the CF team.

## How do I take Colobreathe?

### Using the Turbospin inhaler supplied in the box with the drug

- Remove the cap of the Turbospin.
- Unscrew the mouthpiece, exposing the Turbospin's chamber.
- Take one capsule from the blister pack and use immediately.
- Put the capsule into the chamber widest end first.
- Screw the mouthpiece back in to place.
- Holding the Turbospin with the mouthpiece upright, push the button until the visible line is reached to lock the capsule in place.
- Keep pushing the button to pierce the capsule, push the button as far as it will go, then release.
- Do not pierce the capsule more than once.
- You may see a small amount of powder drop from the chamber after piercing the capsule. This is normal and will not affect your dose.
- Place the mouthpiece between your lips and teeth, ensuring you form a good seal.
- Do not cover the air slits while inhaling.
- Breathe in slowly and deeply through your mouth with enough force that you hear/feel the capsule spinning.
- Take the Turbospin from your mouth and hold your breath for about 10 seconds, then breathe out slowly.
- Repeat until the capsule is empty.
- If you do not hear the capsule spinning it may be stuck in the chamber. Tap it to release it but do not pierce the capsule again.
- If you still do not hear or feel the capsule spinning, use a new capsule.
- Rinse your mouth with water after you have inhaled all the contents of the capsule.
- Remove the capsule from the Turbospin and discard.

### General advice

- Take doses 12 hours apart.
- If you miss a dose, take it as soon as you remember. You must then wait 12 hours before taking another dose.
- Only take the capsules out of the blister pack just before using.
- Occasionally, you may feel small bits of the capsule/powder in your mouth or airways. The capsules are made of gelatin and will not harm you if you swallow or inhale them. Remember to pierce the capsule only once as this helps to stop parts breaking off.

### Cleaning and storage

- After each use, press the button on the Turbospin a few times with the chamber pointing down to remove any excess powder.
- Clean the Turbospin with a dry tissue (do not use water) as advised by the manufacturer and the CF team.
- Use the Turbospin provided with the box of Colobreathe you are using. Do not reuse Turbospin inhalers across different boxes.
- Store Colobreathe capsules and the Turbospin inhaler in a dry place 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](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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