

# Hypertonic saline in bronchiectasis

## Information for adult patients

This information sheet explains how to take your nebuliser, possible side effects and advice on use, cleaning and storage. If you have any other questions or concerns, please do not hesitate to speak to your medical team.

### What is hypertonic saline?

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

### How do I take hypertonic saline?

Nebulise once or twice a day.

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

Using a conventional compressor nebuliser:

- empty the contents of one ampoule (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.

### 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 of these or any other symptoms, contact your respiratory team.

### 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 respiratory physiotherapists.
- Hypertonic saline ampoules should be stored at room temperature.

## **Who do I contact with queries and concerns regarding mixing and administration of the nebulisers?**

Monday to Friday, 9am to 5pm: Contact the Bronchiectasis Secretaries on 020 3299 5668. A member of the respiratory physiotherapy team will then get back in touch with you.

## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email **kings.mychart@nhs.net**. Visit **www.kch.nhs.uk/mychart** to find out more.

## **Sharing your information**

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit **www.kch.nhs.uk**.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **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. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**