

# **Meropenem in non-tuberculous mycobacteria (NTM) pulmonary disease**

## **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 meropenem?**

Meropenem is an antibiotic which is used as part of a regime to treat non-tuberculous mycobacteria (NTM) infection in your lungs. The length of treatment varies, but it is usually continued for at least twelve months after you get your first negative NTM sputum culture, or it can be continued long-term for maintenance therapy if you continue to grow it.

### **How do I take meropenem?**

Nebulise meropenem twice a day, soon after physiotherapy.

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

Using an eFlow or conventional compressor:

- add 8mL of water for injections to a 500mg vial of meropenem and mix until the medication is fully dissolved
- draw up 4mL of the resulting solution and put it into the nebuliser chamber
- nebulise until there is no more vapour or the device completes its pre-set delivery (this will be explained separately according to the device you have)

### **Are there any side effects?**

Meropenem can cause chest tightness, wheezing and coughing. 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 stomach upset, including nausea or vomiting. If you experience any side effects, contact the Cystic Fibrosis (CF) Team for advice.

### **General advice**

- Complete your nebuliser in a room on your own (with no other people or pets) next to an open window or using tubing that goes out of the window to avoid other people breathing in the antibiotic.
- Do not mix meropenem with any other drug in the same nebuliser pot or chamber.
- Any consumables needed, such as needles or syringes, can be given in clinic or sent out by the respiratory physiotherapists as requested.

## Cleaning and storage

- After each use, clean the nebuliser pot or chamber as advised by the manufacturer and the CF Team.
- Meropenem vials should be stored at room temperature.
- Once made up, the remaining meropenem solution should be stored in the fridge at 2 to 8°C for up to 24 hours for subsequent doses.

## Who do I contact with queries and concerns?

- CF patients: Monday to Friday, 9am to 5pm: Adult CF Physiotherapists, tel 020 3299 5284.
- Non-CF and respiratory patients: Monday to Friday, 9am to 5pm contact the Respiratory Team 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****