

# Nebulised Hypertonic Saline 6% or 7%

Patient Information Leaflet

**Aintree University Hospital**  
NHS Foundation Trust

Chest centre  
Lower Lane  
Liverpool L9 7AL  
[Tel:0151-529-8334/2483](tel:0151-529-8334/2483)  
(Monday – Friday 8am-5pm)

## Introduction

This leaflet contains information about the use of hypertonic saline 6% or 7% nebuliser solution. It is used to bring extra moisture into the airway to help sputum to move easier and is used in people with Bronchiectasis.

## How does it work?

Inhaling hypertonic saline causes moisture to be drawn into your airways and into the sputum in your lungs. This makes the sputum thinner and easier to cough up. Hypertonic saline can stimulate a cough which helps to move the sputum.

## How should I use hypertonic saline?

Hypertonic saline comes in a plastic ampoule containing 4mls of liquid. Your nurse or doctor will discuss how often you need to take a dose.

Hypertonic saline must only be inhaled through a nebuliser. Take care to check the ampoule as it **must not** be mixed with any other nebulised solution, if you also take nebulised bronchodilators (Salbutamol, Ipratropium, and terbutaline); ensure you use a **separate** nebuliser and nebuliser administration set.

To have the best effect hypertonic saline should be taken **after** any regular nebulised or inhaled bronchodilators (salbutamol, ipratropium, terbutaline).

If you are also prescribed nebulised antibiotics, such as Colomycin it is best that you take this **before** your hypertonic saline nebuliser and use a separate administration set.

## When should hypertonic saline NOT be taken?

If you start to get severe chest tightness, severe increased shortness of breath or wheeze, stop taking your Hypertonic Saline and take an extra dose of your bronchodilator (reliever inhaler or nebulisers) and contact your GP or Nurse. This is known as bronchospasm.

## Are there any side effects?

Hypertonic saline can sometimes cause coughing, hoarseness, wheezing or breathlessness. Please use the dial on the top of nebuliser pot to change from breath activation to free flow for your comfort.

If you feel slightly wheezy or breathless during or after your hypertonic saline nebuliser take an extra dose of your bronchodilator (reliever inhaler). Contact your doctor or nurse if it doesn't settle or if this keeps happening for more than a few days or makes you feel unwell.

## Will taking hypertonic saline affect any other medicines?

Taking hypertonic saline shouldn't affect any other medicines. Whenever you are prescribed a new medicine or want to buy a medicine e.g. from a pharmacy or supermarket, it is important that you tell the doctor or pharmacist about all the medicines that you take, including hypertonic saline.

## Where should I store the hypertonic saline?

The Hypertonic saline ampoules are best stored in a cool, dry place away from direct sunlight; **do not** place it in a fridge or warm cupboard.

## Using your Nebuliser and hypertonic saline

- Wash your hands well with soap and water.
- Ensure taken regular bronchodilator nebulisers(separate administration set) or inhalers (salbutamol, ipratropium, terbutaline) and colomycin (if prescribed)
- Place clean nebuliser chamber on a clean flat surface.
- Snap off the top of a single dose ampoule and squirt into the nebuliser chamber.
- Plug the air compressor into an electrical outlet. Make sure the compressor is on a hard surface.
- Attach one end of the smooth tubing to the air compressor and the opposite end to the nebuliser chamber containing the hypertonic saline. Turn on the air compressor; a fine mist should be visible.
- Use the dial on the top of nebuliser chamber to change from breath activation to free flow for your comfort.
- Place the mouthpiece in your mouth.
- Take slow, deep, even breaths through your mouth.
- Continue for approximately 10 minutes or until the chamber is empty. You may find that you have a salty taste and you hyper-salivate, in which case it is safe to swallow and take a drink either during or after your nebuliser.
- After the treatment is over take the nebuliser chamber apart and clean as per manufacturer's instructions, the chamber should be rinsed after each use.

## Nebuliser equipment

You have been provided with a loan nebuliser machine for the medication that your Doctor/Nurse requires you to take. (The air compressor and filters may have been ordered from your community stores)

The Consumables (**AeroEclipse XL - Nebuliser chamber/ tubing and filters**) provided with it should last for **12** months.

The medication will be provided by your GP as part of your regular medication as per Pan Mersey guidelines.

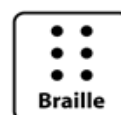
The nebuliser chamber should be cleaned after every use as per manufacturer's instructions.

The nebuliser chamber and tubing (Aeroeclipse XL) should be replaced every 6 months (we will provide 2 per year).

The Filters for the air compressor machine should be changed every 3 months. (If ordered via community stores these will be provided/delivered by them.)

Please ring the number below when you run out of your 12 months' supply so we can provide you with additional consumables and your air compressor Nebuliser machine can be replaced/ serviced every 12 months.

Should you have any issues with your Consumables or Nebuliser machine please contact the Number below for assistance/advice: **0151 529 8334/2483**



### **If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**