

## Contacts

If you need further information or help, contact:

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This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This leaflet is a draft and we would welcome any comments or changes you feel would improve the information.

This information can be made available in other languages and formats if requested.

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Department of Physiotherapy

## Hypertonic Saline



Using e-flow nebuliser

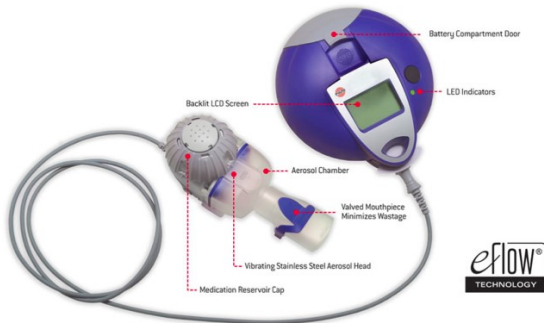
*Information for patients,  
parents and carers*

# Hypertonic Saline used with the e-flow nebuliser

The information in this fact sheet is aimed at people who already know about Cystic Fibrosis and are familiar with medical terminology and drug names.

Hypertonic saline helps to loosen mucus from the lungs helping to clear secretions and improve lung function.

Hypertonic saline is used with a nebulizer called an **e-flow**



Hypertonic saline (available in a 4ml vial ) is breathed (inhaled) into the lungs .

1.



Wash hands before separating single dose vial from pack of hypertonic saline. Do not use if solution is cloudy or discoloured. Open the single dose container by rotating the flap as indicated by the arrow. This should only be opened just before use.

2.



Remove grey lid from handset and pour all the solution into the nebuliser chamber. Replace lid and inhale immediately. Seal your lips around the mouthpiece. Breathe in and out slowly and deeply through your mouth. Do not breathe through your nose. Complete treatment until beeps sound and a tick appears on the device screen.

3.



Wash mouthpiece, mesh and chamber with detergent after **every** treatment .Boil once a week in a pan water for 10 minutes after washing.

If treatment times are getting longer, then use the easycare cleaning aid for extra cleaning of the aerosol head.

## Storage of medication

Store as directed by pharmacist.

## Dose

The dose is one or two vials of hypertonic saline solution daily as prescribed by your doctor.

## Timing of Treatment

Take your hypertonic saline **before** physiotherapy so it can help loosen mucous and then you can clear your lungs with your airway clearance techniques.