

## Contacts

If you need further information or help, contact:

Alder Hey Physiotherapists:

Pam McCormack, Alison Pitman or Adam Walsh

Phone: 0151 252 5862 or

0151 228 4811 & Bleep 182

I-neb patient support helpline:

0870 7703460



- ⇒ Replacement or lost disc
- ⇒ Broken I-neb
- ⇒ Replacement parts

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.

Alder Hey Children's NHS Foundation Trust  
Alder Hey  
Eaton Road  
Liverpool  
L12 2AP

Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

© Alder Hey  
Review Date: July 2020  
PIAG: M24



Alder Hey Children's  
NHS Foundation Trust

Department of Physiotherapy

## Hypertonic Saline



Using I-neb

*Information for patients,  
parents and carers*

# Hypertonic Saline used with the I-neb 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 I-neb.



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

1.



The purple clip chamber should be used with the I-neb when taking hypertonic saline.

2.



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.

3.



Gently squeeze the solution into the nebuliser chamber using the white funnel provided to guide you until the central chamber is full. Any unused solution should be discarded. Inhale immediately.

4.



Replace the mesh and lid then the mouthpiece. 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 buzzer sounds and smiley face appears.

5.



Wash mouthpiece, mesh and chamber after **every** treatment in detergent using the cleaning basket provided. Boil once a week in a pan of water for 10 minutes

## Storage of medication

Store as directed by pharmacist.

## Dose

The dose is one or two vials hypertonic saline solution daily as prescribed by your doctor using the **purple clip** chamber on the I-neb.

## 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.