

## **All Wales Adult CF Centre**

### **Nebulised 7% hypertonic saline**

#### **Nebusal 7%™**

### **Information for Patients**

#### **What is hypertonic saline?**

Hypertonic saline is a sodium chloride (salt) solution. You may receive Nebusal 7% which is a brand name of hypertonic saline.

Breathing in hypertonic saline through a nebuliser causes more water to be drawn into the airways, making your phlegm easier to clear. It may also make you cough which also helps you to clear more phlegm.

It is most commonly used in people who have difficulty clearing phlegm from their chest including conditions such as bronchiectasis and cystic fibrosis.

#### **Why have I been put on hypertonic saline?**

You will have been prescribed hypertonic saline to aid the clearance of phlegm from your chest. This will have been after an assessment by a doctor or physiotherapist, and a trial reviewing your lung function (breathing test) pre and post nebulising the medication.

#### **How do I use hypertonic saline?**

Your physiotherapist or doctor will advise you how to use hypertonic saline correctly. It should only be used through a nebuliser and it is recommended to use a mouthpiece rather than a mask if able. The usual dose is 4ml once or twice daily.

You may be given Nebusal 7%™ by the pharmacy when you collect your prescription. This is hypertonic saline in plastic 4ml ampoules ready to use. Ensure you do not confuse it with other medications that may look similar.

To have the best effect hypertonic saline should be taken after any nebulised or inhaled bronchodilators (such as salbutamol, bricanyl) and before or during chest physiotherapy. If you are also prescribed nebulised antibiotics, you should take your hypertonic saline before taking these nebulisers. Your doctor or physiotherapist will discuss the best routine for you.

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

All drugs have side effects. Hypertonic saline can cause chest tightness, wheeze, cough or sore throat. If you do feel slight chest tightness or wheeze after taking hypertonic saline take an extra dose of your bronchodilator (reliever).

If this does not improve, continues to happen over a few days or becomes severe, stop taking your hypertonic saline and contact your physiotherapist or doctor.

### **Can I take it with other medications?**

Hypertonic saline shouldn't effect other medications you may be taking. Whenever you are prescribed a new medication it is important you tell your doctor or pharmacist that you are taking hypertonic saline.

### **How do I store hypertonic saline?**

Hypertonic saline needs to be stored in a cool dry place. It doesn't need to be kept in the fridge. Store all medications out of reach of children.

If using Nebusal 7%™ ensure you do not confuse it with other medications that may be in similar packaging.

**If you have any concerns please contact you're the Adult CF Physio Team, Adult CF Centre, University Hospital Llandough, Penlan Road, Penarth on -:  
02920 716256 / 029 20716841 or 029 20711711 bleep 4989**