

COLOMYCIN CHALLENGE TEST

Your test explained...

WHAT IS IT?

Colomycin is an inhaled antibiotic which can be prescribed to help reduce the number of chest infections caused by pseudomonas bacteria. The test is to assess if your airways may react adversely to the inhaled Colomycin before it can be prescribed as a treatment. We can measure your airways reaction to the antibiotic by performing a simple breathing test (Spirometry) before and after taking the Colomycin.

WHY?

If Pseudomonas bacteria are present within your lungs it can cause

- ▶ Worse day-to-day symptoms of cough, breathlessness and sputum (phlegm) production.
- ▶ More frequent and longer chest infections or flare ups of your chest condition.
- ▶ More likely hospital admissions during a chest infection or flare up.
- ▶ The function of your lungs to get worse faster than they normally would.

If Pseudomonas can be removed or suppressed to a very low level, these problems can be avoided or minimised.

WHAT ARE THE PRE-TEST REQUIREMENTS FOR THE TEST?

- Avoid smoking on the day of the test
- Not to consume alcohol for at least 4 hours prior to the test
- Avoid vigorous exercise for at least 30 min prior to the test
- Avoid wearing clothing which substantially restricts full chest and abdominal expansion
- Refrain from eating a substantial meal for at least 2 hours prior to the test.

Please take all medication as prescribed prior to testing.

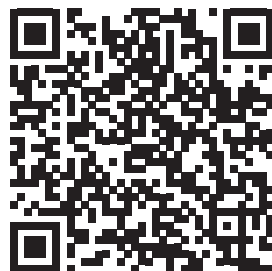
If you have experienced any of the following, please call the department on the number listed below to rearrange your appointment:

- Please contact the department if you have any of the following:
 - ▶ Surgery, stroke/TIA, collapsed lung, blood clot in your lung within the last 6 weeks
 - ▶ Heart attack or unstable angina pain in the last 2 weeks
 - ▶ Coughing up of blood in the last 48 hours
 - ▶ Current chest infection, active TB or large aneurysm at present
 - ▶ Known allergy to Colomycin antibiotic



If the trial is successful, the management of your treatment and repeat prescription will be managed by your Respiratory consultant.

For more information please visit: (QR)



or contact the department on 02921 825421



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Lung Function
& Sleep Apnoea
Department

PRAWF HER COLOMYCIN

Esboniad o'ch prawf...

BETH YDYW?

Mae Colomycin yn wrthfotig a fewnanadlir y gellir ei ragnodi i helpu i leihau nifer yr heintiau ar y frest a achosir gan bacteria pseudomonas. Pwrpas y prawf yw asesu a allai eich llwybrau anadlu gael adwaith andwyol i'r Colomycin a fewnanadlwyd cyn y gellir ei ragnodi fel triniaeth. Gallwn fesur adwaith eich llwybrau anadlu i'r gwrthfotig trwy gynnal prawf anadlu syml (Spirometreg) cyn ac ar ôl cymryd y Colomycin.

PAM?

Os oes bacteria Pseudomonas yn bresennol yn eich ysgyfaint gall achosi'r canlynol:

- ▶ Symptomau peswch, diffyg anadl a chynhyrchu sbwtwm (fflem) gwaeth o ddydd i ddydd.
- ▶ Heintiau amlach a hirach ar y frest neu fod eich cyflwr ar y frest yn gwaethygu.
- ▶ Ei gwneud yn fwy tebygol y byddwch yn cael eich derbyn i'r ysbyty os bydd gennych haint ar y frest, neu os bydd yn gwaethygu.
- ▶ Bod gweithrediad eich ysgyfaint yn gwaethygu'n gyflymach nag y byddai fel arfer.

Os gellir gwaredu neu leihau Pseudomonas i lefel isel iawn, gellir osgoi neu leihau'r problemau hyn.

BETH YW'R GOFYNION CYN Y PRAWF??

- Dylech osgoi ysmegu ar ddiwrnod y prawf
- Peidiwch ag yfed alcohol am o leiaf 4 awr cyn y prawf
- Dylech osgoi gwneud ymarfer corff egniol am o leiaf 30 munud cyn y prawf
- Dylech osgoi gwisgo dillad sy'n cyfyngu'n sylweddol ar ehangiad llawn y frest a'r abdomen
- Peidiwch â bwyta pryd o fwyd sylweddol am o leiaf 2 awr cyn y prawf.

Cymerwch yr holl feddyginiaeth sydd wedi'i rhagnodi i chi cyn y prawf.

Os ydych wedi profi unrhyw un o'r canlynol, ffoniwch yr adran ar y rhif a restrir isod i aildrefnu eich apwyntiad:

- Cysylltwch â'r adran os ydych wedi cael unrhyw un o'r canlynol:
 - ▶ Llawdriniaeth, strôc/TIA, ysgyfaint wedi cwmpo, clot gwaed yn eich ysgyfaint o fewn y 6 wythnos diwethaf
 - ▶ Trawiad ar y galon neu boen angina ansefydlog yn ystod y pythefnos diwethaf
 - ▶ Pesychu gwaed yn ystod y 48 awr ddiwethaf
 - ▶ Haint presennol ar y frest, TB actif neu anewrysm mawr ar hyn o bryd
 - ▶ Alergedd hysbys i wrthfotig Colomycin



Os bydd y treial yn llwyddiannus, bydd eich meddyg ymgynghorol anadlol yn gyfrifol am y broses o reoli eich triniaeth a threfnu presgripsiwn rheolaidd.

I gael rhagor o wybodaeth, ewch i:



Cysylltwch â'r adran ar 02921 825 421.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Swyddogaeth yr Ysgyfaint
ac Adran Apnoea Cwsg