

# HYPERTONIC SALINE

## ***Why does my doctor want me to do this treatment?***

This medication is used to improve airway clearance. Studies in cystic fibrosis patients show that 7% hypertonic saline helped improve lung function and reduced lung infections.

## ***What side effects may occur?***



Hypertonic saline may cause increased coughing, chest tightness and sore throat. Use of throat spray or lozenge before the treatment may be helpful at first. After the first week of treatment most symptoms should subside. Report these symptoms to your doctor if they should continue.

*This medication will have a very salty taste.*

## ***How do I do this treatment?***

**Dose:** 4 ml (cc) of 7% hypertonic saline (Hyper-Sal)

**Treatment schedule:** Two times a day (or as directed by MD)

### *Pari LC Plus Nebulizer:*

Use a clean nebulizer everyday

Do not mix hypertonic saline with other medications

Use a different nebulizer for each aerosol medication

### *For Best Results:*

Breathe slowly and deeply during treatment

### *Storage of medication:*

Hypertonic saline does not need to be refrigerated

### *Cleaning Nebulizer:*

Clean nebulizer by washing with hot soapy water after each use

Boil the Nebulizer for 5 minutes stove-top or 5 minutes in wa- ter in microwave or

clean on the top shelf of

a dishwasher **DAILY**

## **WHEN SHOULD I DO THIS TREATMENT?**

Give the aerosol in the following order of therapies:

- 1 Bronchodilator (Albuterol or Xopenex) aerosol or inhaler (can be done with vest therapy)
2. Wait 10 minutes
3. 7% Hypertonic Saline (can be done with vest therapy)
4. Pulmozyme (can be done with vest therapy)
5. Antibiotic aerosol (Tobi, Colistin)

