

Inhaling colistimethate sodium antibiotic to treat your lung infection

Department of Respiratory

Information for Patients

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Introduction

You have a long-term chest infection in your lungs. Your consultant has prescribed colistimethate sodium for you. This leaflet has important information about this treatment

Why have I been prescribed colistimethate sodium?

Colistimethate sodium is an antibiotic that can be nebulized. A nebulizer turns medicines in to a fine mist. You can inhale it into your lungs. It is used for long-term management of chest infections caused by a bacteria called **Pseudomonas aeruginosa**. The bacteria lives in damp, wet areas. It can damage the lungs if it is not treated.

Regular use of colistimethate sodium can lower the amount of bacteria in the lungs. The aim is to reduce the number of chest infections.

Mega units = Bottles

To be nebulized 2 times a day.

What are the side effects?

Tight chest (bronchospasm) is a very rare side effect. If you have this please tell your nurse, pharmacist or doctor.

They will then try the alternative of mixing colistimethate sodium with water (2mls) and sodium chloride (2mls).

Using a salbutamol inhaler before taking colistimethate sodium may help.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Mixing colistimethate sodium

Colistimethate sodium should be diluted to 4 mls with saline solution (sodium chloride 0.9%).

1 mega unit = 1 bottle, add 4 mls.

2 mega unit = 1 bottle, add 4mls.

If you have a tight chest whilst nebulizing, colistimethate sodium can be made up with 2 ml saline solution and 2 ml sterile water. This can be started and prescribed at the hospital.

We will teach you how to mix the antibiotic and then give a trial dose here in the hospital.

How to mix colistimethate sodium

1. Wash your hands with warm soapy water and dry
2. Flip off the cap of the bottle. Carefully remove the seal from around the top.
3. Remove the rubber bung.
4. Twist the top of the saline/ water (as prescribed). Add to the colistimethate sodium (as directed).
5. Make sure that the powder has dissolved. Add to the nebulizer chamber.
6. Colistimethate sodium should be nebulized with a mouthpiece. Relaxed breathing through the mouth is best and not the nose.
7. Always nebulize in a well ventilated room. Other people and pets should not be in the room whilst using the nebulizer.
8. Rinse out your mouth after nebulizing.

Treatment order

1. Take your reliever, for example, salbutamol (if prescribed).
2. Chest physiotherapy.
3. Colistimethate sodium.

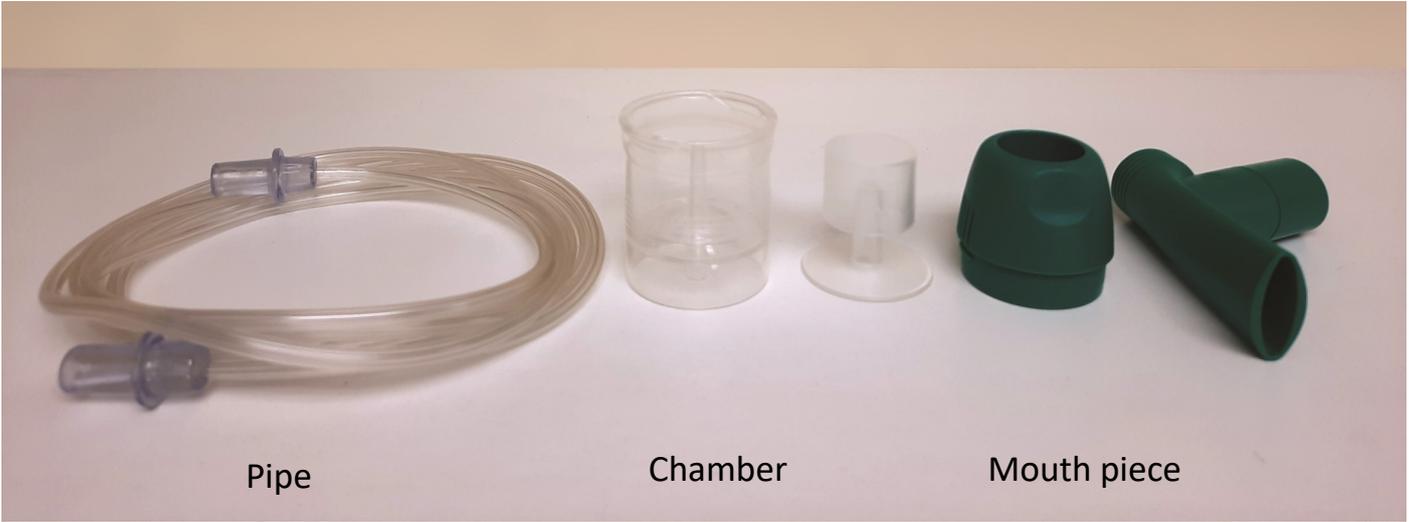
Before colistimethate sodium is prescribed, we will give you a 'test dose' at the hospital. If you have any problems occur during the first 4 weeks please tell a member of the team.

If 2 weeks after starting treatment it is working well, speak to your nurse. They can let your GP know about your treatment. Repeat prescriptions can then be ordered.

Care of the equipment

- After each use take the nebulizer chamber, t-piece and mouth piece (not the pipe) apart. Wash them in hot soapy water. Rinse in hot clean water. Leave them to dry naturally. Once dry cover it to protect from dust.
- Once a week, the chamber and mouth piece must be sterilized with Milton or similar sterilizing solution, but not the pipe. After making up the solution immerse the parts for about 20 minutes. Rinse carefully in running water and leave to dry naturally.

The compressor should be serviced every year at the respiratory physiology department, Glenfield hospital. The service only takes a few minutes on the day you bring it in.



Pipe

Chamber

Mouth piece

How to get more supplies

You can get Colistimethate sodium and saline/water on repeat prescription from your GP.

You can get the nebulizer chamber, filters, tubing, t-piece and mouth piece Glenfield Hospital unless told otherwise.

Follow up checks

Follow up will be in the routine respiratory clinics.

Contact details

Bronchiectasis Nurses: **0116 256 3201**

Cystic Fibrosis Nurses: **0116 250 2699**

Monday to Friday 8am to 5pm

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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