

Nebulised Hypertonic Saline

Hypersal 6% sachets

What does it do?

Improves mucous clearance.

How is it taken?

Hypertonic saline is usually inhaled once or twice per day via nebuliser.

Hypertonic saline for inhalation is only available as a 6% solution. Ask the pharmacy for advice if you or your child has been prescribed hypertonic saline 3% or another concentration. Sterile sachets of water can be obtained from RCH pharmacy for diluting hypertonic saline 6% to weaker strengths.

Hypertonic saline is usually given before or during physiotherapy, so that the medicine has time to work in the lungs. Talk to your physiotherapist about the best time to use hypertonic saline for you or your child and to discuss the nebuliser pump you currently have or may need to purchase. Some people need to have a dose of their bronchodilator (e.g. Salbutamol) prior to using nebulised hypertonic saline. Discuss this with your doctor. Your doctor will decide how long you or your child should continue taking nebulised hypertonic saline.

If you forget to give a dose, give the missed dose as soon as you remember, then give the next dose at the time it is normally due.

Where do I get it?

Only available from RCH pharmacy on presentation of a valid RCH prescription written by a doctor at RCH

How do I store it?

All medicines should be stored out of the reach of children

Open sachets may be kept for 24 hours if stored in the fridge (between 2-8^o C).

What side effects may I experience?

All medicines can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious. Check with your doctor as soon as possible if you think you or your child is experiencing any side effects or allergic reactions from this medicine that are troublesome or ongoing, even if the problem is not listed below. Some side effects can occur if you take this medicine with certain other medicines, including over-the-counter or herbal medicines. Always tell your pharmacist about any medicines you or your child are taking.

Tell your doctor as soon as possible if you notice any of the following:

Chest tightness, cough.

Stop using this medicine and contact a doctor or emergency department if signs of an allergic reaction occur. These may include:

An unexplained increase in wheezing, difficulty breathing or swallowing, fainting, swelling of the lips or tongue, severe itchy rash (hives).

Please note: This is not a complete list of all possible side effects. Others may occur in some people and there may be some side effects not yet known.

The information contained in this leaflet is intended to support not replace discussion with your doctor or health care professionals.

ASK YOUR PHARMACIST ANY QUESTIONS YOU MAY HAVE ABOUT THIS MEDICINE

For further information, contact The Royal Children's Hospital Drug Information Centre on 03 9345 5208.

The authors of these medicine information handouts have made considerable effort to ensure the information is accurate, up to date and easily understood.

The Royal Children's Hospital accepts no responsibility for any inaccuracies, information perceived as misleading, or the success of any treatment regimen detailed in the handouts.