

Hypertonic Saline (7%)

[For Cystic Fibrosis (CF)]

What is hypertonic saline?

This is an inhaled medicine that helps clear the airways. It helps to thin and move mucus out of the lungs. This may also help keep your lungs healthier. The medicine tastes very salty.

How and when do I take this medicine?

- Your healthcare provider will tell you how much and how often to take this medicine.
- This medicine can be taken at the same time as the vest or Acapella.
- A mask should be used on the nebulizer for infants and small children. A mouthpiece should be used as soon as you are able to use it the correct way.
- Breathe slowly and deeply during the treatment.
- Use a huff cough to clear the airways as secretions develop.

The vials are single use. Throw away any unused portions of open vials.

Getting started

Take your Albuterol or Xopenex® treatment 15 minutes before this therapy.

1. Wash your hands.
2. Use only a disinfected nebulizer (cup and mouthpiece).
3. Do not mix hypertonic saline with other medicines.

What side effects may occur?

This treatment may cause you to have:

- More secretions.
- More coughing.
- Tightness in your chest.
- A sore throat.

These symptoms should go away in time. Tell your healthcare provider if you have any symptoms.

ALERT: Call your doctor, nurse, or respiratory therapist if you have any questions or concerns or if you have special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.