

Colobreathe

Colobreathe is the antibiotic Colistimethate in a dry powder form. This is prescribed to stop or control the growth of Pseudomonas Aeruginosa.

Colobreathe should be taken after all other nebulised / inhaled therapies and airway clearance have been completed. Any bronchodilator; nebulised (Salbutamol / Terbutaline) or inhaler (Salbutamol / Bricanyl – blue; Symbicort – white and red) should be taken at least 10 minutes before Colobreathe.

In each pack there are:

- 2 turbospin® inhalers & 28 days worth of capsules individually sealed in blister packs

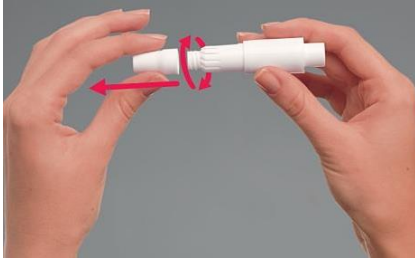


How to take Colobreathe:

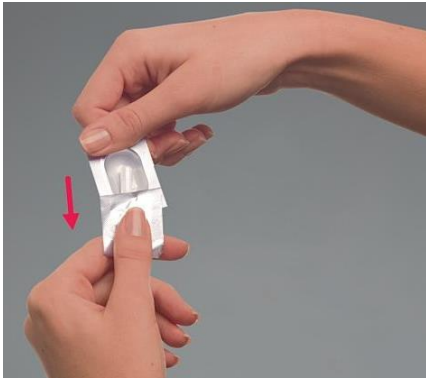
- Get a glass of water to have just in case you need it.
- Make sure you have a clean dry surface to prepare your inhaler
- Wash and dry your hands.
- Gently shake and tap the individually sealed blister pack to distribute the powder in the capsule.
- Remove the cap from the inhaler. It comes away with a gentle pull.



- Unscrew the mouthpiece, exposing the chamber of the inhaler.



- To access the capsule **peel back** the foil, DO NOT PUSH THE CAPSULE THROUGH THE FOIL. Once the capsule is removed it must be used immediately



- Gently insert the capsule into the chamber with the widest end first. No force is required.



- Replace the mouthpiece by screwing it back into place
- To pierce the capsule; hold the inhaler upright, gently push the piston at the base upwards until you feel resistance (this will lock the capsule in place ready for piercing), then continue pushing the piston as far as it will go then release. The capsule is now pierced and the contents ready to be inhaled. DO NOT PIERCE THE CAPSULE MORE THAN ONCE. It is normal to see some powder released during the piercing process.



- Breathe out slowly before placing the mouthpiece between your lips and teeth making a good seal. Remember to keep the inhaler horizontal.



- Breathe in slowly and deeply through your mouth at a rate sufficient to hear or feel the capsule spinning.
- Remove the inhaler and hold your breath for about 10 seconds or as long as comfortable, then breathe out slowly.
- Inhale the medicine again by repeating steps to ensure the capsule has emptied. It may require more than 2 inhalations to empty the capsule.
- Unscrew the mouthpiece and remove the capsule.
- The capsule should be pierced twice (once at the top and bottom) and be empty.
- Discard the empty capsule.
- Wipe the mouthpiece down with a clean dry cloth **DO NOT WASH THE INHALER IN WATER.** Any residual powder can be cleaned out of the inhaler with a **DRY** cotton bud.
- Replace the mouthpiece and put the cap back on the inhaler.

Do not:

- Swallow the capsules
- Use capsules via another device (inhaler or nebuliser)
- Store capsules in the inhaler
- Press the button more than once
- Blow out through the inhaler
- Store in a dry place.
- If the inhaler gets wet / damaged throw it away and use the spare inhaler.

Contact the CF Team if you experience any of the following:

- Cough / shortness of breath / chest tightness
- Sore throat whilst using Colobreathe / disturbed taste / rash
- Haemoptysis (blood in sputum) **STOP USING COLOBREATHE AND TELL THE CF TEAM STRAIGHT AWAY**
- Hearing problems
- Kidney problems
- Muscle weakness