



Nebulised Tobramycin (Bramitob 300 mg / 4mls) Twice Daily

Inhaled antibiotics are an important part of maintenance.

Inhalation (breathing medication into the lungs) via a nebuliser is an excellent delivery technique as it allows treatment to be delivered directly where it is needed, into the lungs and the airways.

The 'fine mist' created by a nebuliser allows particles of medication to be inhaled efficiently and reach the small airways of the lungs putting a fine layer of antibiotic directly onto the mucous.

How to prepare the Bramitob

• Nebulised Bramitob needs to be done twice daily

- Bramitob should be taken after you have done all other inhaled therapies and airway clearance
- Any inhaled bronchodilator should be taken at least 10 minutes before
- Bronchodilators can be nebulised (Salbutamol / Terbutaline) or via an inhaler (Salbutamol / Bricanyl – blue; Symbicort – white and red).

- Wash your hands
- You will need to prepare the following on a clean / dry surface

1. 1 Vial of Bramitob 300mg / 4mls
2. Nebuliser e.g. eFlow / iNeb (Lilac chamber) / Porta-Neb / Pari-Boy (patient specific)
3. Nebuliser handset with filter set (new filter each time) (no filter used with iNeb)

- Check the vial of Bramitob is of the prescribed dose (300mg / 4ml) and "use by" date is still "in date"
- Remove cap from Bramitob
- Put 4mls Bramitob solution in to the chamber - eFlow / iNeb (Lilac chamber) / Porta-Neb / Pari-Boy (patient specific)
- Attach nebuliser lid, mouth piece and filter valve set
- Make sure a new filter pad is used with each dose

How to Administer Inhaled Bramitob

- Your nebuliser will run off the mains or via battery
- If a Porta-Neb / Pari-Boy is used then it should be positioned on a clean dry surface (not on the carpet)
- Switch on, sit upright and breathe in and out through the mouthpiece ensuring lips are sealed tightly around mouthpiece throughout treatment
- During administration no mist should be escaping from the nebuliser hand set
- Treatment is finished when there is no further mist being produced, turn off your nebuliser. If you are using the iNeb / eFlow then these devices should turn off when treatment is complete
- Drink some water after treatment to rinse antibiotic from your mouth

To gain the most benefit from your medication

- Bramitob nebuliser should be taken after physio in the morning and in the late evening after your final physio session of the day
- Breathe at a rate that is comfortable
- Do not talk whilst using your nebuliser



Cleaning the Nebuliser

It is vital to clean and dry your nebuliser properly otherwise germs (such as Pseudomonas Aeruginosa) will thrive and the time taken to nebulise will increase.

Please clean equipment after every use as follows:

- Take the nebuliser apart completely
- Soak immediately in warm water with washing up liquid for five minutes (except for the tubing)
- Place on paper towel to air dry completely (at least 4 hours)

Disinfection of Nebuliser

- At least once a week the nebuliser needs to be disinfected by: -

1. Steaming

- A 'steam steriliser unit' (electric only) should be used
- It is recommended that items are sterilised for 15 minutes
- Follow instructions of steam steriliser
- Place on paper towel to air dry completely (at least 4 hours)

Or

2. Boiling

- Place all parts of your nebuliser (except for the tubing) in boiling water for at least 15 minutes. Ensure that there is sufficient water in the pan throughout so that parts do not come in to contact with the hot pan.
- Place on paper towel to air dry completely (at least 4 hours)

It is essential that the nebuliser parts are dry before they are reassembled.

Care of the Nebuliser unit

Regularly wipe clean