



Nebulised Aztreonam (Cayston) 75mg Three Times Daily

Inhaled antibiotics are an important part of maintenance therapy.

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 Cayston

- **Nebulised Cayston needs to be taken three times daily**
- Cayston should be taken after you have done all other nebulised / inhaled therapies / 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).

PLEASE NOTE

- **Cayston needs to be delivered through an Altera eFlow nebuliser handset** (Gilead Sciences Ltd)
 - **Cayston needs to be stored in the fridge**
 - **You must leave 4 hours minimum in between each dose**
-
- Wash your hands
 - You will need to prepare the following on a clean / dry surface
 1. 1 vial of Cayston 75mg
 2. 1 ml ampoule of sterile solvent (0.17% w/v sodium chloride)
 3. Pari eFlow nebuliser
 4. Altera nebuliser handset
-
- Check the vial of Cayston is of the prescribed dose 75mg and "use by" date is still "in date"
 - Carefully remove the cap from Cayston vial
 - Open the 0.17% sodium chloride ampoule and add to the Cayston vial.
 - Gently roll the vial to mix the powder with the saline, it does not take very long to dissolve.
 - Once fully mixed, put the Cayston solution into the Altera eFlow nebuliser chamber and attach the nebuliser mouth-piece

How to administer nebulised Cayston

- Your nebuliser will run off the mains or via battery
- Switch on, sit upright and breathe in and out through the mouthpiece ensuring lips are sealed tightly around mouthpiece throughout treatment
- Treatment is finished when there is no further mist being produced, the eFlow device 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

- 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
- 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 completely dry before they are reassembled.

Care of the Nebuliser unit

Regularly wipe clean

Sponsored by Gilead Sciences Ltd