



## **Nebulised Colistimethate Sodium (Promixin) 1 megaunit Twice 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 Promixin**

- **Nebulised Promixin needs to be done twice daily**
- Promixin should be taken after you have done all other nebulised / 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

### **For iNeb**

1. 1 Vial of Promixin 1 megaunit (yellow lid)
  2. 1 ml vial of 0.9% sodium chloride (saline)
  3. 5 ml syringe
  4. iNeb Lilac Chamber
- Check the vial of Promixin is of the prescribed dose 1 megaunit and "use by" date is still "in date"
  - Open the top of the vial, carefully rip off the metal ring and remove completely
  - Open the 0.9% saline and draw up 1 ml
  - Take the rubber bung from the Promixin vial and carefully add the 1 ml of saline with syringe
  - Replace the rubber bung and roll the vial between your hands to mix the powder with the saline. The Promixin takes about 15 minutes to dissolve. Try not to shake the solution as it becomes frothy!
  - Pour the solution in to the nebuliser chamber
  - Attach nebuliser lid and mouth piece
  - 2 vials can be made up at one time ready for the second dose. It must be kept in the fridge and used within 12 hours.

### **How to administer nebulised Promixin**

- Your nebuliser will run off the battery
- 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. The iNeb 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**

- Promixin nebuliser should be taken after physio in the morning and in the late evening after your final physio session of the day
- 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