

## Patient advice sheet

### Bucks Integrated Respiratory Service (BIRS)

A patient's guide to administering nebulised colomycin (colistimethate sodium) at home.

#### What is colomycin

**Colomycin** is an antibiotic: nebulised (misted) colomycin will help fight infections in your sputum. Your chest consultant will have recommended this treatment for you.

Medication via a nebuliser and compressor is an excellent delivery technique because it allows treatment to be delivered directly where it is needed, into the lungs.

Nebuliser systems consist of two parts: a nebuliser pot or chamber and the nebuliser machine called a compressor.

The compressor forces air through the chamber which helps the liquid medication turn into a fine mist, which is then inhaled.

#### What you will need?

- Colomycin vials.
- 5mls sodium chloride 0.9% (normal saline).
- Nebuliser machine/compressor.
- Nebuliser chamber, face mask and filter set.

**The first two items will be supplied by your GP and you will be loaned a nebuliser**

#### How to prepare the colomycin?

- Wash your hands with soap and water and dry fully before and after you prepare your colomycin.
- Flip the top off the colomycin vial then carefully tear the silver cap from around the top of the vial and remove the rubber bung.
- Twist the top off the sodium chloride 0.9% (normal saline).
- Put the sodium chloride 0.9% (normal saline) into the vial of colomycin.
- Gently rotate the vial of diluted colomycin until all the powder is dissolved.
- Pour the liquid colomycin into the nebuliser chamber.
- Assemble the chamber, filter and mouthpiece.
- The colomycin is now ready to be nebulised.

### PLAN YOUR TREATMENT AROUND YOUR NORMAL ACTIVITIES.

#### How to administer the colomycin

It is advisable to nebulise colomycin in a room which is well ventilated.

- Connect the nebuliser chamber and tubing to the compressor and switch the machine on.

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- Put the mouthpiece in your mouth and breathe in and out normally.
- Treatment is finished when the nebuliser begins to make a spitting noise. This should take around 10 minutes. The chamber pot may still have a little liquid left in it: this is normal.
- Clean the chamber after each use according to the manufacturer's guidelines.

### Storage

Your colomycin should be stored according to the manufacturer's recommendations, usually in a cool dry place, out of the reach of children

### Side effects

- Inhaled treatment may induce coughing or wheezing.
- Some patients who develop severe wheezing with colomycin may be advised to take a medicine called Salbutamol before the colomycin.
- If you begin to wheeze whilst inhaling the nebulised colomycin stop the nebuliser and use your reliever inhaler/nebuliser (salbutamol).

**Please read the information leaflet provided with the colomycin for further side effects, speak to your GP if you develop severe wheezing using colomycin.**

### Nebuliser machines

**PLEASE NOTE THE TRUST DOES NOT SUPPLY NEBULISER MACHINES ON A PERMANENT BASIS.**

If you wish to continue on your treatment long term you will need to purchase your own machine.

Please discuss with your nurse.

**Buckinghamshire Integrated Respiratory Service (BIRS)  
The Annexe  
Thame Community Hospital  
East Street  
Thame  
OX9 3JT**

**Direct Dial: 01296 255670  
[www.buckshealthcare.co.uk](http://www.buckshealthcare.co.uk)  
Email: [buc-tr.birs@nhs.net](mailto:buc-tr.birs@nhs.net)**

**Monday to Friday – 8.15 to 18.30  
Weekends/Bank Holidays – 9.00 to 16.30**

**If you require medical advice out of hours please dial 111.  
In the event of an emergency please call 999.**

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### How can you help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

### Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)

এই তথ্যে সাহায্য পড়া যায় অথবা বৃহৎ আকারে মত বিক; ফর্ম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্যান্য ভাষায়ও পাওয়া যেতে পারে। আমরা তথ্যের জন্য আপনার ঙিনকাল হোমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya buyuk baskilar gibi alternatif bicimlerde sunulabilir, ve talep uzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi icin klinik ekibinizle irtibata gecin.

یہ معلوم ات متبادل فارمیشن میں دت سیا ب کی جا سکتی ہیں، جی س اکہ پھڑن ے میں آسنی ا باڑپن رٹ اور درخو است پر م تبادل ز بانوں م میں بھی دس تیا ب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کیلنکل ٹیم سے بات کریں۔

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