

## HYPERTONIC SALINE SOLUTION

### *Instructions For Self-Preparation for Patients and Families*

Currently, you cannot buy 7% hypertonic saline pre-mixed. Because 7% hypertonic saline mixed by a pharmacy could only be used one-to-two weeks, the following guidelines tell you how to make hypertonic saline yourself. A fact sheet about hypertonic saline from the CF Foundation is also enclosed in this package. Talk with your CF care team about any questions you may have about hypertonic saline.

### GUIDELINES

- **Do not substitute** hypertonic saline for other proven therapies.
- Use a **Pari® LC PLUS** jet nebulizer with a PARI Proneb® Turbo Compressor when taking hypertonic saline. Talk with your CF care team if you do not have this equipment.
- **DO NOT MIX** hypertonic saline with other medications.
- The small bottles of 3% and 10% sodium chloride solution are **to be used once**. There will be fluid left in the bottles after mixing your hypertonic saline. Because there are no preservatives in these bottles, use the amount prescribed for one dose or treatment and throw the rest of the bottle away.
- **A new syringe** should be used each time you mix hypertonic saline. One syringe can be used to draw from both the 3% and the 10% bottles.
- **Wash your hands** and work on a clean surface when mixing hypertonic saline. To learn about germs and CF, read "Respiratory: What You Should Know About Germs" from your CF care center or on the CF Foundation's Web site ([www.cff.org](http://www.cff.org)).
- The amount of hypertonic saline solution made will be more than what you need to inhale. So, put only 4 mL of the solution into your nebulizer. Directions on how to make hypertonic saline solution are at the bottom of this page.
- A **bronchodilator**, as prescribed by your doctor, should be used 15-60 minutes before inhaled hypertonic saline therapy.
- Ask your CF care team what **order** you or your child should take the prescribed inhaled therapies.
- Hypertonic saline solution may **induce coughing**. Side effects also include **sore throat** and **chest tightness**. Talk with your CF care team about any side effects you experience.

### WHAT YOU NEED TO MIX HYPERTONIC SALINE

- 1 bottle (15 mL vial) of 3% sodium chloride solution.
- 1 bottle (15 mL vial) of 10% sodium chloride solution.
- One 5 mL syringes with needle attached

### DIRECTIONS ON HOW TO MAKE HYPERTONIC SALINE

- Draw up into syringe 3 mL of 10% sodium chloride solution.
- In the same syringe draw up 2 mL of 3% sodium chloride solution.
- The syringe now contains hypertonic saline you can inhale.
- Put 4 mL of hypertonic saline into a clean nebulizer cup for the inhaled therapy.
- Administer hypertonic saline as directed by your CF care center.



CF Services • 6931 Arlington Road, 2nd floor • Bethesda, MD 20814  
(800) 541-4959 • (800) 263-0251 fax • [www.CFServicesPharmacy.com](http://www.CFServicesPharmacy.com)

Rev. 05/05