



Hypertonic Saline – Q&As

Why does my doctor want me to do this treatment?

This medicine is used to improve airway clearance. Studies in cystic fibrosis patients show that 7% hypertonic saline helped improve lung function and reduced lung infections.

What side effects may occur?

Hypertonic saline may cause increased coughing, chest tightness and sore throat. Use of throat spray or a lozenge before the treatment may be helpful at first. After the first week of treatment most symptoms should subside. Report these symptoms to your doctor if they should continue. This medication will have a very salty taste.

How do I do this treatment?

Dose: 4 ml (cc) of 7% hypertonic saline (Hyper-Sal)

Treatment schedule: Two times a day (or as directed by your doctor)

Pari LC Plus Nebulizer:

- Use a clean nebulizer every day.
- Do not mix hypertonic saline with other medications.
- Use a different nebulizer for each aerosol medication.

For best results:

- Breathe slowly and deeply during treatment.

Storage of medicine:

- Hypertonic saline does not need to be refrigerated.

Ways to clean your nebulizer:

- Clean the nebulizer by washing it with hot, soapy water after each use.
- Boil the nebulizer for five minutes on the stovetop or for five minutes in water in the microwave.
- Clean on the top shelf of a dishwasher daily.

When should I do this treatment?

Give the aerosol in the following order of therapies:

1. Bronchodilator (Albuterol or Xopenex) aerosol or inhaler (can be done with vest therapy)
2. Wait 10 minutes
3. Seven percent hypertonic saline (can be done with vest therapy)
4. Pulmozyme (can be done with vest therapy)
5. Antibiotic aerosol (Tobi, Colistin)