

Hypertonic saline 6% (HTS) for nebulisation (Hypersal 6®)

What is hypertonic saline (HTS)?

Hypertonic saline is concentrated sodium chloride (salt) solution and is used at different concentrations. It is commercially available as sachets of 6% or can be prepared at home by dilution of a more concentrated solution. In some circumstances, a different strength of hypertonic saline will be prescribed, in this case, ask your Doctor or Pharmacist for advice.

What is it for?

Hypertonic saline is used to improve mucous clearance and when nebulised into the lungs it can help to reduce the thickness and 'stickiness' of secretions.

How to use this medication?

Hypertonic saline is usually used before or during physiotherapy and can be used once or twice a day. You should discuss with your Doctor or Physiotherapist the best time and how often to use the medication. You may also need to discuss the nebuliser pump you have or you may need to purchase one.

Before using HTS you should use your salbutamol (Ventolin®) inhaler via a spacer as prescribed by your doctor. This is usually between 2-6 puffs and will help to prevent any chest tightness or wheezing from the HTS which would otherwise make the treatment less effective.

Young children may take time to become accustomed to the 'taste' of HTS. Allowing them to sip sweet or milky drinks like lemonade or flavoured milk during the inhalation may help.

Your doctor will decide how long you or your child should continue using nebulised hypertonic saline.

How is it administered?

HTS is given through your pari neb pot and nebuliser. It can also be combined with pari PEP for airway clearance. Your medical team and/or physiotherapist will help make the best choice for you and will explain any non-pharmacological treatments (e.g. pari PEP).

Please remember to clean the nebuliser pot after each use.



What to do if a dose is missed

If it is almost time for the next dose, skip the missed dose and give the next dose at the usual time. Do not try to make up for missed dose(s) by giving more than one dose at a time.

Storing the medication

Once opened, a sachet cannot be kept and any remaining solution should be discarded. Unopened sachets may be stored at room temperature (25° Celsius or below). It is important to keep your HTS locked away out of the reach of children.

Do not keep the medication in the bathroom, near the kitchen sink or in other damp, warm places because this may make it less effective.

Use of other medication

The use of other medications may alter the effectiveness of HTS so it is important to advise your doctor or pharmacist before giving any other medication. This includes medicines that you buy without a prescription from a pharmacy, supermarket or health food shop.

If your Doctor has also prescribed Dornase (Pulmozyme[®]) then these two agents should not be used at the same time of day. Your Doctor or Physiotherapist will help determine the best time to use each agent

Important information

It is important that the doctor is able to check your child's progress with regular visits to allow for changes in the dose and to reduce any side effects.

Possible side-effects

All medicines can cause some side effects; some of these are not serious and will go away with time or after the dose has been changed. Others are more serious and require you to check with your doctor.

Tell your doctor **as soon as possible** if you notice any of the following:

- chest tightness
- cough.

Stop this medicine and tell your doctor straight away if you notice symptoms of allergy including itchy skin rash, swelling of face or tongue, difficulty swallowing or breathing.

If you are worried about any of these side effects or any other effects please contact your child's doctor.

Commercially available dosage forms and strengths

Sachets 6%.

Your hospital pharmacy will advise you if they manufacture any additional dosage forms to the above.

If you have any concerns contact your child's doctor or PCH Pharmacy Department

Dispensary: 6456 0190

Paediatric Medicines Information Service: 6456 0190 – select option 1

In case of overdose or poisoning contact the Poisons Information Centre on 13 11 26

This document can be made available in alternative formats on request for a person with a disability.

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Produced by Pharmacy

Ref: 704 © CAHS 2017

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