

## Nebulised Hypertonic Saline (HTS)

Medications prior to inhaling HTS \*: \_\_\_\_\_

HTS Prescription: \_\_\_\_\_ % \_\_\_\_\_ mls \_\_\_\_\_ x / day

### Set up:

- Set up the components of the nebuliser
- Add the solution
- Sit, with good posture, with the neck and shoulders relaxed
- Place the mouthpiece well into the mouth on top of the tongue

### Breathing:

- Breathe in through the mouth with slow breaths
- Hold the breath briefly after each breath
- Vary the size of the breaths during the session

\*If you feel tight in the chest or wheezy following the inhalation of HTS have 2 puffs of \_\_\_\_\_ until your symptoms have settled. Call your doctor if your symptoms don't settle.

Device(s) used following HTS: \_\_\_\_\_

**Finish every session with the forced expiration technique.**

**Thoroughly clean your nebuliser as instructed after every session.**