

## 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.**