

## Prescribing recommendations for Sodium Chloride Inhalation Solutions: prescribe by brand

Sodium chloride nebulisers is on the Mid Essex CCG formulary for specialist initiation (“yellow”) and then GP to continue prescribing for patients in the community.

The first test dose of sodium chloride 3%, 6% or 7% (hypertonic saline) is always given in clinic in case the patient reacts. Salbutamol is given first (better tolerated) before the sodium chloride due to risk of bronchospasm.

### Recommendations:

- All sodium chloride nebulisers are to be prescribed by the most **cost-effective brand**. See below:

Inhalation solution	Size or weight	Drug tariff basic price (November 2018)
Sodium Chloride 0.9% Solution – Sterile:		
<b>First choice: Salineb</b>	20 x 2.5ml	£5.20
Respi-Clear	20 x 2.5ml	£5.37
Hydra-Neb	20 x 2.5ml	£10.80
Sodium Chloride 3% Solution – Sterile:		
<b>First choice: PulmoClear 3%</b>	60 x 4ml	£18.94
Resp-Ease 3%	60 x 4ml	£21.60
MucoClear 3%	20 x 4ml	£12.98
	60 x 4ml	£27.00
Sodium Chloride 6% Solution – Sterile:		
<b>First choice: PulmoClear 6%</b>	60 x 4ml	£18.94
Resp-Ease 6%	60 x 4ml	£21.60
MucoClear 6%	20 x 4ml	£12.98
	60 x 4ml	£27.00
Sodium Chloride 7% Solution – Sterile:		
<b>First choice: PulmoClear 7%</b>	60 x 4ml	£18.94
Resp-Ease 7%	60 x 4ml	£21.60
Nebusal 7%	60 x 4ml	£27.00

Please note that the above products should not be mixed with any drugs

- Sodium chloride 0.9% nebulisers (normal saline) can be used when required up to four times a day. Not to be put on repeat prescription; patient to order on a when required basis
- Sodium chloride 3%, 6% and 7% (hypertonic saline) can be used twice a day. In clinic, patient is given 2-4 weeks supply to use until seen by GP
- GP to prescribe (**by brand**) up to one month supply at one time
- If treatment is effective i.e. patient is able to expectorate more with the treatment, GP to continue prescribing long term. Treatment is very individual. If patient says treatment is not effective or, if the patient is not using effective chest clearance techniques, they should be referred back to the clinic ([How to clear chest with breathing techniques link](#))

[Mid Essex CCG formulary spreadsheet link](#)

[Drug tariff November 2018 link](#)

[www.provide.org.uk](http://www.provide.org.uk)

<https://www.blf.org.uk/support-for-you/bronchiectasis/treatment>

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