



Colomycin Test Dose Challenge

A member of your healthcare team has requested a Colomycin® test dose challenge for you. This test is typically required to help identify if you can use nebulised Colomycin® therapy at home without it making your airways become narrow.

What is Nebulised Colomycin® Therapy?

A nebuliser pot along with an electrical device called a compressor is used to turn liquid medicines into a fine mist that can be inhaled into the lungs. Colomycin® (colistimethate sodium, also known as colistin) is an antibiotic that is used for the treatment of long-term chest infections particularly those caused by a bacteria called *Pseudomonas aeruginosa*. Nebulising the medication means it can treat the infection in your lungs directly and is much less likely to cause unwanted side effects.

In patients with cystic fibrosis and *Pseudomonas aeruginosa* colonisation, nebulised Colomycin® treatment has been shown to improve lung function, slow the rate of respiratory decline, reduce the need for other antibiotics and the amount of time you need to spend in hospital to treat infections affecting your lungs. In patients with non-cystic fibrosis bronchiectasis, nebulised Colomycin® is used “off licence” and is recommended by the British Thoracic Society to manage *Pseudomonas aeruginosa* colonisation.

It is best to nebulise Colomycin® twice a day, soon after physiotherapy or after clearing your chest. The treatment works much more effectively when your lungs have been cleared of as much sputum as possible.

On the day of your appointment:

- You must collect your Colomycin® test dose from the Pharmacy at Good Hope Hospital; this is located on the main hospital corridor, and you should allow additional time to do this. It may take up to an hour for pharmacy to dispense your test dose.
- Please bring the test dose medicine with you when you attend your appointment. Do not take this medicine prior to the appointment.
- If you take a bronchodilator, such as salbutamol (Ventolin®), please take it approximately 15 minutes prior to your appointment.
- Refrain from smoking.
- Refrain from eating a heavy meal.
- Wear loose clothing.
- Bring a list of your current medications to the appointment.

What can I expect?

You will be asked to perform a breathing test (spirometry) before and after taking the nebulised Colomycin®. This is to assess whether the Colomycin® irritates your airways and causes side effects, such as chest tightness. If this happens, you may need to stop using this treatment, but your doctor may choose another treatment option instead.

As part of the Colomycin® test dose challenge you will be shown how to set up the nebuliser pot and the compressor and a member of the team will take you through how to prepare the medicine solution. This is to ensure that you are able to do this at home yourself. You will be informed of the possible side effects and what action to take if you experience any side effects.

Information for Patients

If the Colomycin® test dose challenge is successful, and you do not already have one, you will receive a compressor and a nebuliser pot so that you are able to administer the medication at home. You will also be issued with an information sheet to support you when you are at home.

Essential information

Please contact the Lung Function & Sleep team on the number below if you have had a chest infection requiring antibiotics within the last two weeks, are suffering with a cold or flu like illness or are recovering from surgery or have another illness or condition that may prevent you from performing a breathing test (spirometry).

Any questions?

If you have any questions or concerns, please do not hesitate to contact the Lung Function & Sleep department on **0121 424 7229**. The department is open Monday to Friday 9:00am – 5:00pm and an answerphone service is available for out of hours. Please leave a message with your name and a contact telephone number.

If you require this information in another format, such as a different language, large print, braille, or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk