Inhaled Colistin
Information and instructions for use

What is colistin?
Colistin (colistimethate sodium) is an antibiotic that is used to treat lung infections caused by pseudomonas, a type of bacteria.

How do I use it?
You will use a PARI LC nebulizer to deliver colistin directly to your lungs 2 times a day. Follow the instructions on the next page for mixing the colistin powder.

What are the side effects?
Inhaled colistin can cause bronchospasm or wheezing (tightness in the lungs). Patients will receive a challenge dose of colistin in the clinic to test for this reaction before using this medicine at home for the first time.

If wheezing occurs, you can use your albuterol to relieve your symptoms. Using albuterol at least 15 minutes before each colistin dose will usually prevent wheezing from occurring with future doses.

Stop your colistin treatment and call your doctor right away if you have any of the following:

- Swelling in your face or hands.
- Swelling or tingling in your mouth or throat.
- Chest tightness and difficulty breathing.
- Hives or generalized itching.
- Numbness or tingling in your hands or feet.
- A decrease in how much or how often you urinate.
- Streaks of blood in your saliva (hemoptysis) when you cough or spit.

Important: Before using colistin, tell your doctor if you are pregnant or plan to become pregnant.
**Questions?**

Call 206-598-8446

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Cystic Fibrosis Clinic: 206-598-8446

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**How to Mix Colistin for Inhaling**

Use a 5 cc (5 mL) syringe with an 18 gauge needle to mix the colistin.

1. Draw up 4 cc of **sterile water** into the syringe.
2. Inject the water slowly into the vial of colistin powder.
3. Slowly roll the bottle between your palms to dissolve the powder completely. **Do not shake** the bottle or the solution will turn to foam and you will not be able to use it. If a lot of foam develops, leave the vial alone for several minutes, then roll the vial gently to dissolve the rest of the colistin powder.

**How to Use Colistin for Inhaling**

- **75 mg Twice Daily**
  
  You will use either the newly made colistin solution or the leftover colistin solution from your refrigerator.
  
  1. Use the syringe to slowly draw out 2 cc of the **colistin solution**.
  2. Place the solution in the PARI nebulizer cup.
  3. Draw up an additional 2 cc of **sterile water** and add it to the colistin solution in the nebulizer cup.
  4. If this is your first dose from a newly mixed colistin solution, place the colistin vial with the rest of the solution in the refrigerator (not the freezer) **right away**. You will use the second dose in 12 hours.
  5. Nebulize the colistin solution until it is completely used up.

- **150 mg Twice Daily**
  
  You will use either the newly made colistin solution or the leftover colistin solution from your refrigerator.
  
  1. Use the syringe to slowly draw out 4 cc of the **colistin solution**.
  2. Place the solution in the PARI nebulizer cup.
  3. If this is your first dose from a newly mixed colistin solution, place the colistin vial with the rest of the solution in the refrigerator (not the freezer) **right away**. You will use the second dose in 12 hours.
  4. Nebulize the colistin solution until it is completely used up.

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**Important:** You must throw away any colistin solution that has been mixed for more than 24 hours or left out of the refrigerator for more than 2 hours.