

## Let's Talk About...

# Inhaled antibiotics: Using Cayston™

Your child may benefit from an inhaled antibiotic like Cayston™ if they have cystic fibrosis and a lung infection due to *Pseudomonas aeruginosa*. Find out how your child can use Cayston below.

## What is Cayston™?

Cayston is a prescription inhaled antibiotic. It can improve breathing symptoms in people with cystic fibrosis who have a lung infection caused by the bacteria *Pseudomonas aeruginosa*. Your child will use the Altera® nebulizer system to inhale the medicine into their lungs.

## Why does my child need to use Cayston™?

Children who have cystic fibrosis can take Cayston to treat infections caused by *Pseudomonas aeruginosa*. Cayston can improve their lung function and improve respiratory symptoms like coughing, wheezing, and producing sputum.

## How does my child take Cayston™?

Have your child follow these instructions when taking Cayston:

- Wash and dry your hands.
- Follow the instruction manual to put the nebulizer handset together.
- Mix (reconstitute) Cayston with the saline just before use. Pour only the Cayston medicine into the Altera® nebulizer medication reservoir.
- Align the tabs on the medication cap with the tab slots on the medication reservoir. Turn the medication cap clockwise until it stops. Your Altera® nebulizer handset is now ready, and you can begin your treatment.

- Sit in an upright position. Place the nebulizer handset mouthpiece between your teeth and on top of your tongue. If you're using a mask, put it on your face and create a tight seal. Avoid putting the mask near your eyes or letting it rest below your chin.
- Holding the handset level, turn the controller on by pressing and holding the on/off button for a few seconds. You will hear a beep, and the start screen will appear.
- After a few seconds, an aerosol mist will flow into the aerosol chamber.



- Breathe in and out normally through your mouth. Continue to inhale and exhale comfortably until the treatment is finished.
- When you have inhaled all the medicine, you will hear two beeps. The dose complete screen will appear, and the controller will shut off automatically.
- Once you finish your treatment, take the Altera® handset apart to clean it.

It should take about 2–3 minutes to inhale all of the Cayston.

### What if my child takes other medicines besides Cayston™?

If your child takes several inhaled medicines, they should use them in the following order:

- Bronchodilator
- Mucolytics
- Cayston
- Inhaled steroid

Your child should use a bronchodilator 15 minutes before taking Cayston.

### How often should my child take Cayston™?

Your child should take Cayston 3 times a day for 28 days, followed by at least 28 days off Cayston. They should take all three daily doses at least 4 hours apart.

### How do I clean the Altera® nebulizer system?

- Immediately after each use, take the handset apart. Rinse all the parts under running tap water for 10 seconds. Rinse the aerosol head for at least 10 full seconds.
- Add a few drops of clear liquid soap to a clean bowl and add warm tap water. Do not use white dish soap (e.g., Ivory) or antibacterial soaps.
- Wash all parts of the handset and rinse them under warm running water. Never use a brush or any other object to clean the aerosol head.

- Disinfect after each use with an electronic steam sterilizer (e.g., Nuk Quick 'n' Ready steam sterilizer).
- Allow all parts to air dry on a clean paper or lint-free towel.

### What are the possible side effects from using Cayston™?

Possible adverse effects from taking Cayston™ include:

- Coughing
- Nasal congestion
- Wheezing
- Sore throat
- Fever
- Allergic reaction
- Bronchospasm

To decrease the chance of bronchospasm, your child should use their inhaled bronchodilator medicine before each Cayston treatment.

### What do I need to know about Cayston™?

- Store Cayston and saline in the refrigerator until needed. Cayston may be stored at room temperature (less than 77 degrees F) for up to 28 days. Keep Cayston away from light.
- Mix (reconstitute) Cayston with the saline only when your child is ready to take a dose.
- Do not let your child use Cayston during vest therapy.
- Do not put any medicine other than Cayston in the Altera® nebulizer system.
- When assembling the handset, be careful to touch only the plastic outer ring of the aerosol head.
- If you think the Altera® nebulizer handset is not working, try a functionality test. See page 13 of the Altera® nebulizer instruction manual.

### What if I have questions about Cayston™?

If you have questions about Cayston or using inhaled antibiotics, contact your child's healthcare provider.

