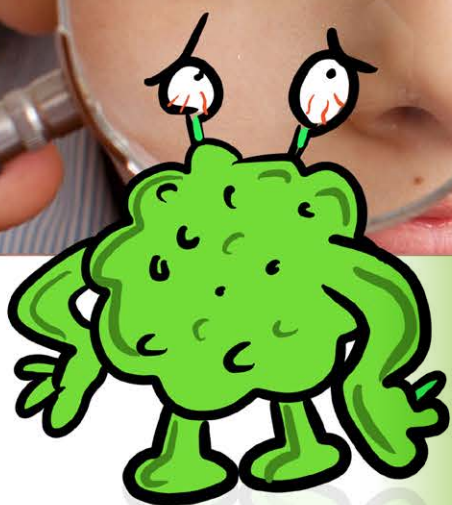


This guide is intended for patients prescribed Bramitob[®] and their carers, in the UK & Ireland

BRAMITOB[®]
TOBRAMYCIN 

Bugs, Breathing & Bramitob[®]

(Tobramycin)



What you need to know about the Bramitob antibiotic* treatment your cystic fibrosis (CF) team has asked you to take

*We'll explain what an antibiotic is in this guide

Information about adverse events and the Yellow Card Scheme reporting can be found on page 5

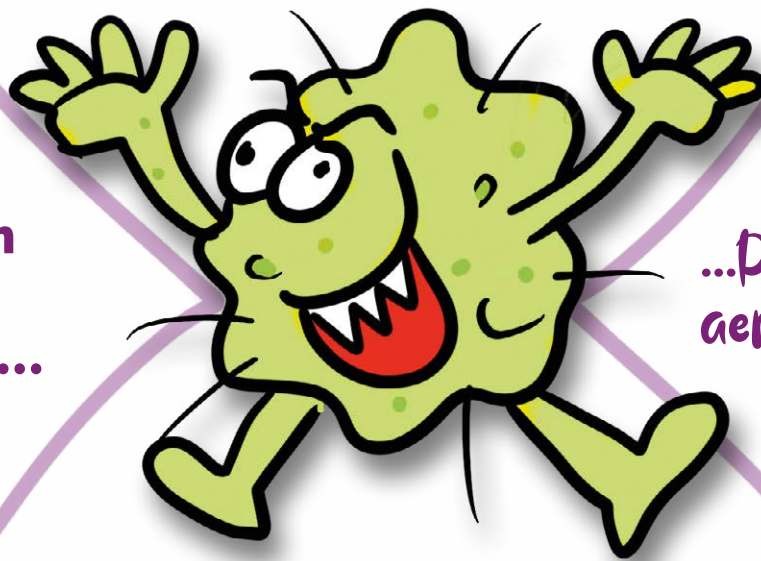
How bugs get into our lungs

One of the ways that CF affects your body is to make the liquid in your body's cells become thicker and more sticky. **This creates a build-up of mucus in your lungs.**

Everyone breathes lots of 'bugs' (or bacteria to give them their real name) in and out again every day but when the lungs have this thicker mucus inside them, the bacteria are not always breathed out.

When the bacteria stay in the lungs, it can lead to an infection. This is when you need to take an antibiotic - a type of medicine whose mission is to seek out and try to fight the bacteria.

**One bug known
to cause BIG
TROUBLE in CF...**



...*Pseudomonas
aeruginosa*

If your CF team have given you Bramitob, they probably think your lungs need extra help with an infection caused by the *Pseudomonas aeruginosa* bacteria.

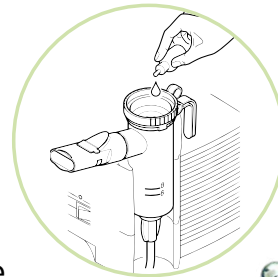
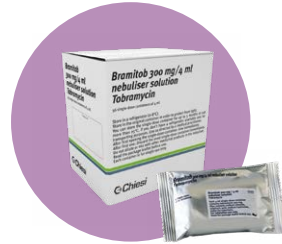
Bramitob contains an antibiotic called tobramycin, this medication is breathed in as a mist using a nebuliser, so it can get inside the lungs to treat the infection.

How do I take Bramitob?

Follow these steps

(you may need to ask an adult to help you)

- 1 You will need a clean, dry nebuliser and compressor as instructed by your CF team. This will be yours and shouldn't be used by anyone else.
- 2 Wash your hands with soap and water. Open the Bramitob pack, then open one of the foil packets and take out one of the smaller containers that are inside.
- 3 Open the container and gently squeeze the liquid into the nebuliser chamber (ask an adult to help you if this is tricky). Once the container is opened it must be used straight away.
- 4 Turn on the compressor and check there is a steady mist coming from the mouthpiece.
- 5 You're now ready to start breathing Bramitob into your lungs.



IT CAN TAKE AROUND *15 minutes* **TO BREATHE IN ALL THE MEDICATION.**

If you have to stop breathing the medication for any reason, for example if you need to cough, or just need to take a break, turn the compressor off so that it saves the medicine that's left. Then switch it back on when you're ready to start again.

- 6 When you've finished, unplug the nebuliser from the compressor and take the handset apart so it can be cleaned. The person who cleans it should follow the instructions that come with the handset.

The Patient Information Leaflet inside the Bramitob pack has more details - please take a look or give it to a parent or carer to read.

How many times a day do I need to take Bramitob?

You need to take your Bramitob medication twice a day for **28 days**. This should be done **once in the morning and once in the evening**, as there needs to be 12 hours in between.

When you have taken your Bramitob for **28 days**, you will have **28 days** when you do not take it but then you may need to take it again after that.



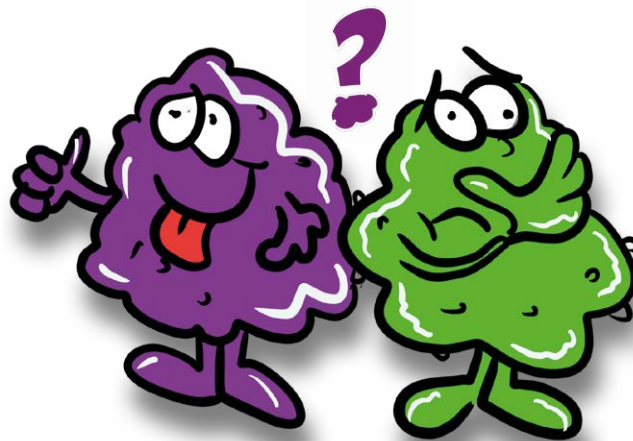
You need to take your Bramitob medication **TWICE A DAY** for **28 days** to get the bacteria under control.

What happens if I forget to take Bramitob?

Is there more than 6 hours until you take your next Bramitob?

YES

It's OK to take the missed Bramitob now



NO

Don't take your Bramitob now, just remember to take your next one at the usual time

NEVER take two Bramitob doses to try and catch up - you could end up with a really sore throat.

If this happens, tell a parent or carer, or your CF team as soon as you can.

What else do I need to know?

Tell a parent or carer or someone in your CF team if you feel unwell, for example if you feel a bit dizzy, you are breathing differently, have a cough or have problems hearing.

Bramitob boxes should be kept in a fridge (**at 2-8°C**).

Always keep the containers with the medicine inside the foil packets so they stay out of the light.

There may be times when it's just not possible for you to keep the Bramitob box in the fridge - such as when you stay overnight at a friend's house, or go on holiday. **Bramitob can be kept out of the fridge for up to 3 months, so there's no need to worry.**



The Patient Information Leaflet inside the Bramitob pack has more details - please take a look or give it to a parent or carer to read.

Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: <http://yellowcard.mhra.gov.uk> for the UK or www.hpra.ie for Ireland. By reporting side effects you can help provide more information on the safety of this medicine.

