

# Obtaining a nebuliser

It has been decided that a nebuliser would help with the side effects of your radiotherapy treatment. This leaflet explains how to obtain a nebuliser to manage increased secretions. If you have any further questions, please speak to a doctor or nurse caring for you.

## Why might I need a nebuliser?

Radiotherapy can change the consistency of your saliva. It may become thicker or sticky, like mucus, causing it to build up in your mouth and throat, and sometimes causing coughing fits. A nebuliser can help with this.

## What is a nebuliser?

A nebuliser is a device that turns a liquid, such as saline, into a fine mist, which can loosen secretions and make them easier to cough up. The nebuliser has a face mask attached to it, which you should use to breathe in the fine saline mist. We will prescribe the saline nebulisers that are used with the nebuliser. For maximum effect, we recommend using the nebuliser several times per day.

## Who can attend / receive the service?

Once you have discussed the need for a nebuliser with staff, they will order a nebuliser for you. We will inform you once your nebuliser has been ordered and you can collect it the following day.

## Where do I collect my nebuliser from?

<b>Guy's Hospital:</b>	Lung function/Chest Clinic 2 <sup>nd</sup> floor Bermondsey Wing t: 020 7188 5836
------------------------	---

<b>St Thomas' Hospital:</b>	Lung function/Chest Clinic 1 <sup>st</sup> floor Lambeth Wing t: 020 7188 5813
-----------------------------	--

- Opening hours: 9am–5pm

## Does it cost anything?

This is a free service, however you will need to return the nebuliser to the clinic when your side effects have cleared. You may need to carry on using the nebuliser for several weeks after your treatment ends. **Please return the nebuliser at either your six week or twelve week follow-up appointment.** It can be returned to either Guy's or St Thomas' Chest Clinic.

## Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find that we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

### Contact us

If you have any questions about obtaining a nebuliser, please call us at the hospital. Some useful contacts are listed below:

**Head & neck advanced practitioner:** 020 7188 4220

**Head & neck clinical nurse specialist (CNS):** 020 7188 7188

**Chest Clinic Guy's Hospital:** 020 7188 5836

**Chest Clinic St Thomas' Hospital:** 020 7188 5813

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at [www.guysandstthomas.nhs.uk/cancer-leaflets](http://www.guysandstthomas.nhs.uk/cancer-leaflets). For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)



**Dimbleby Cancer Care** provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of the Cancer Centre at Guy's. **t:** 020 7188 5918 **e:** [DimblebyCancerCare@gstt.nhs.uk](mailto:DimblebyCancerCare@gstt.nhs.uk)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the clinical nurse specialist or other member of staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

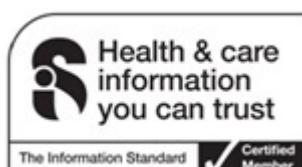
**t:** 0800 731 0319   **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)   **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

**Leaflet number: 3987/VER2**

Date published: October 2016

Review date: October 2017

© 2016 Guy's and St Thomas' NHS Foundation Trust



**Guy's and St Thomas'**   
NHS Foundation Trust