

## Topical Antibiotic Therapy (Bactroban Ointment)

Chronic Rhinosinusitis is a condition characterised by ongoing inflammation in the lining of the sinus cavities. In some instances there may be an added bacterial infection which can aggravate the degree of inflammation. An effective method of delivering an antibiotic therapy directly into the sinuses to kill the unwanted bacteria is to use a large volume positive pressure device such as the FLO irrigation bottle. Bactroban ointment (Mupirocin 2%w/w) is the antibiotic which has been shown to be most effective against the bacteria Staphylococcus Aureus. This bacteria has been identified as being present in your sinus cavities and is aggravating your symptoms. Your doctor will give you a prescription for Bactroban Ointment which is to be prepared as described below.



The diagram above helps to illustrate that the only effective way of delivering topical therapies to the sinus cavities is by using a large volume positive pressure device like FLO Sinus Care or FLO CRS. Nasal sprays and nebulisers are of no real value as they are unable to deliver sufficient fluid to these areas.

### How to prepare your treatment

1. Add one sachet of FLO<sup>®</sup> Sinus Care or FLO<sup>®</sup> CRS to the clean empty FLO<sup>®</sup> wash bottle. Fill with cool pre-boiled water to the "Fill line" marked on the bottle. Warm the fluid in the microwave in 10 second bursts until it is lukewarm.
2. Add a 2cm strip of Bactroban ointment to the solution and then place the black/blue top and fitted dip-tube into position and screw down firmly.
3. Place your finger over the tip of the black/blue cap and shake the bottle well. The treatment is now ready to use.

### Inserting the solution into the sinuses



1. With your head over the sink and your chin as close to your chest as comfortable insert the black/blue tip snugly into one nostril.
2. While breathing through your mouth squeeze the bottle to push half the fluid into the sinus cavities. The fluid will drain out through the opposite nostril.
3. Withdraw the bottle from the nostril and allow it to re-inflate. Then repeat the procedure on the other nostril.
4. Perform cleaning as per the instructions in the Product leaflet – also available over the page.

***You should perform this irrigation twice a day only or as advised by your doctor. You will also be told how long to continue these treatments. If you are at all uncertain about your instructions please ask your doctor.***

## **Information concerning the cleaning of your nasal and sinus irrigation bottle**

The nose naturally harbours many different bacteria. Some patients with ongoing sinus disease also harbour these bacteria, as well as other forms of more aggressive bacteria in their sinus cavities. Therefore, the cleaning of your sinus irrigation device is of paramount importance.

### **Cleaning after use.**

Clean all components thoroughly using warm soapy water. After cleaning, rinse all components with tap water. Thoroughly dry all components using a clean paper towel.



You may then wipe down the inside of the bottle and cap and tube with Isopropyl alcohol - available as pre-packed swabs or in solution (e.g. **Isocol**) from your local pharmacy. Simply wet a clean paper towel with Isocol and wipe down the bottle and its components. This helps to disinfect the bottle and components and to dry off any remaining water. Reassemble the bottle and store in refrigerator until next needed.

Before next use rinse bottle and components with previously boiled water to ensure any residuals from the isopropyl alcohol are removed.

**It is important that you replace your sinus wash bottle after 2 months of use.**

*New bottles are available as a FLO CRS or FLO Sinus Care Starter Kit and can be obtained from your local pharmacy.*

## **Information regarding Bactroban (Mupirocin 2%w/w) ointment**

There is now good evidence to show that this medication is effective in reducing the degree of inflammation in the sinus cavities by eradicating infection due to Staphylococcus Aureus bacteria. When 2cm of Bactroban Ointment is mixed with 200mL of solution used to wash the sinuses and then administered, most of the dose is washed into the basin – only about 5% of the administered solution remains.

If you have any questions about the use of Bactroban Ointment or notice any additional symptoms since starting treatment with it please speak with your doctor.