

Mannitol dry powder for inhalation for cystic fibrosis

NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.

This document is about when mannitol dry powder for inhalation should be used to treat people with cystic fibrosis in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence). It is written for people with cystic fibrosis but it may also be useful for their families or carers or for anyone with an interest in the condition.

It does not describe cystic fibrosis or the treatments in detail – a member of your healthcare team should discuss these with you. You can get more information from the organisations listed on page 3.

This may not be the only possible treatment for cystic fibrosis. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.

What has NICE said?

NICE recommends mannitol dry powder for inhalation as a possible treatment for some adults with cystic fibrosis (see below).

Who can have mannitol dry powder for inhalation?

You should be able to have mannitol dry powder for inhalation if you cannot use rhDNase, other osmotic drugs are inappropriate for you, and your lung function is rapidly getting worse.

Why has NICE said this?

NICE looks at how well treatments work, and also at how well they work in relation to how much they cost the NHS. NICE recommended mannitol dry powder for inhalation because it works well and is good value for money.

Cystic fibrosis

Cystic fibrosis is an inherited disease that affects the lungs by clogging them with thick and sticky mucus. This affects breathing and also increases the risk of lung infections.

Mannitol dry powder for inhalation

Mannitol is a drug that, when inhaled, causes water to mix with the mucus in the lungs. This makes the mucus less thick and sticky, so it is easier to cough out of the lungs, along with harmful bacteria.

What does this mean for me?

When NICE recommends a treatment, the NHS must make sure it is available to those people it could help, normally within 3 months of the guidance being issued.

So, if you have cystic fibrosis, and you and your doctor think that mannitol dry powder for inhalation is the right treatment for you (see 'What has NICE said?' on page 2), you should be able to have the treatment on the NHS. Please see [About NICE guidance](#) if you think you are eligible for the treatment but it is not available.

If you are already taking mannitol dry powder for inhalation, but are not eligible for treatment as described in 'What has NICE said?' on page 2, you should be able to continue taking it until you and your doctor decide it is the right time to stop.

More information

The organisation below can provide more information and support for people with cystic fibrosis. NICE is not responsible for the quality or accuracy of any information or advice provided by this organisation.

- Cystic Fibrosis Trust, 0300 373 1000
www.cftrust.org.uk

NHS Choices (www.nhs.uk) may be a good place to find out more. If you live in Wales you should speak to NHS Direct Wales for information on whom to contact.

About NICE

NICE produces guidance (advice) for the NHS about preventing, diagnosing and treating medical conditions. The guidance is written by independent experts, including healthcare professionals and people representing patients and carers. They consider the evidence on the disease and treatments, the views of patients and carers and the experiences of doctors, nurses and other healthcare professionals, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

To find out more about NICE, its work and how it reaches decisions, see www.nice.org.uk/aboutguidance

This document and other versions of the guidance aimed at healthcare professionals are available at www.nice.org.uk/guidance/TA266

The NICE website has a screen reader service called Browsealoud, which allows you to listen to our guidance. Click on [Accessibility](#) at the bottom of the NICE homepage to use this service.

We encourage NHS and voluntary organisations to use text from this document in their own information about cystic fibrosis.

National Institute for Health and Clinical Excellence

Level 1A, City Tower, Piccadilly Plaza, Manchester M1 4BT; www.nice.org.uk

ISBN 978-1-84936-973-2

NOV 12

© National Institute for Health and Clinical Excellence, 2012. All rights reserved. This material may be freely reproduced for educational and not-for-profit purposes. No reproduction by or for commercial organisations, or for commercial purposes, is allowed without the express written permission of NICE.