

## Using an Otovent

### Patient information booklet

#### About this leaflet

This leaflet aims to provide background information about Eustachian tube dysfunction, Glue ear and the use of an Otovent as an alternative management option.

#### Eustachian Tube Dysfunction and Glue ear

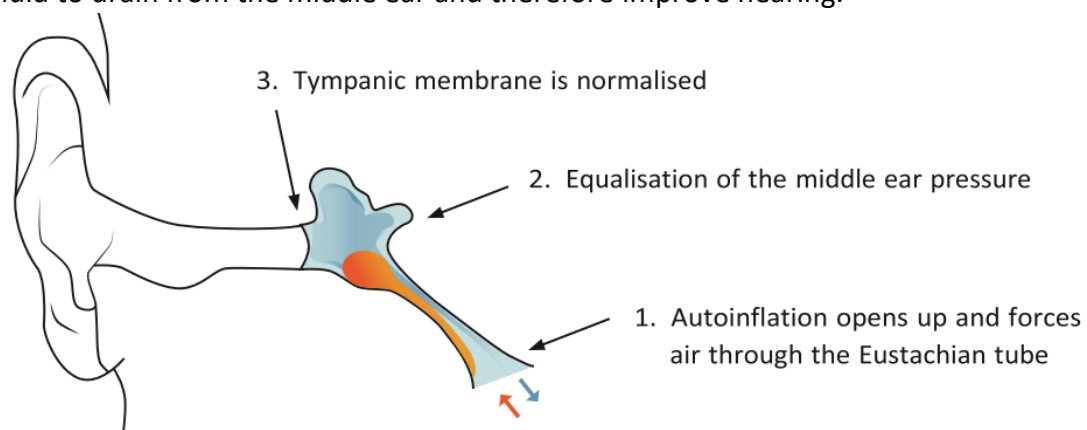
Behind your eardrum you have an air filled cavity called the middle ear. The Eustachian tube connects this middle ear space to the back of the throat, and is responsible for equalising air pressure behind the ear drum and for draining any fluid produced by infection, allergies or inflammation.

When the drainage process does not work efficiently, fluid can build up and restrict the movement of the ear drum causing a temporary hearing loss known as Glue Ear. The most common cause of this problem is when the Eustachian tube is blocked or narrowed. Around 50% of cases will spontaneously resolve without any treatment. However, if the problem persists for several months then some intervention may be required.

#### Using an Otovent

What is an Otovent?

An Otovent is a treatment that can be used at home and involves a small balloon device that is blown up using the nose. Providing the device is used correctly it may help to open the Eustachian tube and equalise the pressure either side of the ear drum, making it easier for fluid to drain from the middle ear and therefore improve hearing.



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#### How do I use an Otovent?

It is recommended that the Otovent is used at least three times a day – morning, midday and evening. You may experience a 'clicking' sensation or feel movement in your ears

caused by the pressure on the Eustachian tube. These are signs that the device is working and is being used correctly. The device is safe to use and is often recommended in the management of childhood glue ear. However, we do recommend that you are sitting down whilst using it in case any light headedness is experienced. The Otovent should be used for around 2-3 weeks after which you, or your clinician, should assess whether the treatment is beneficial and symptoms have resolved. The otovent should not be used if you are experiencing significant ear pain when using the device; a heavy cold; nasal congestion; or an ear infection.

## Instructions

For the first use please stretch the balloon



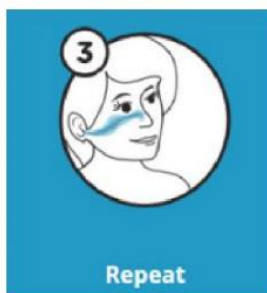
### Step 1

- Connect the balloon onto the nose piece
- Hold the round part of the nose piece firmly against the right nostril with the right hand
- Press the left nostril closed with the left hand



### Step 2

- Inhale deeply, close the mouth and inflate the balloon until it is the size of a grapefruit, by blowing through the nostril



### Step 3

- Repeat the procedure with the left nostril
- After each use the nose piece should be washed in mild detergent and rinsed with clean water

## Where can I get an Otovent?

Although we are not able to provide an Otovent on prescription, they are widely available to purchase online and in pharmacies for around £10.

You can visit [www.otovent.co.uk](http://www.otovent.co.uk) for further information.