

Otovent: An auto-inflation device

Information for parents

This sheet answers common questions about Otovent, an auto-inflation device used to relieve symptoms of middle ear or Eustachian tube dysfunction (middle ear dysfunction is sometimes referred to as glue ear). If you would like further information or have any questions, please do not hesitate to speak to the clinician who recommended the device.

What is Otovent?

The Otovent auto-inflation device is a safe, non-invasive alternative to surgery to relieve symptoms of middle ear dysfunction or Eustachian tube dysfunction.

An Otovent is a small balloon that your child blows up through their nose. The Otovent balloon helps to equalise the pressure between the middle ear and the air around us. It aids to relieve the symptoms of the middle ear congestion by opening up the Eustachian tube (the tube which connects the middle ear to the back of the nose and usually makes the pressure the same).

How do you use the Otovent and for how long should it be used?

The normal recommendation is to use Otovent twice a day (two to three inflations from each nostril while keeping the mouth shut). Your clinician will advise how long your child will need to use it for, but this is normally for a minimum of three weeks, by which time your child should start to notice a difference, ie feels less blocked or notices a popping sensation during inflations.

Otovent should not be used if your child has discharge from the nose or suffers from nose bleeds. Always read the instructions that come with the device.

 <p>2</p>	 <p>3</p>
<p>Inflate</p>	<p>Repeat</p>
<p>Inhale deeply, close the mouth and inflate the balloon until it is the size of a grapefruit, by blowing through the nostril.</p>	<p>Repeat the procedure with the left nostril. You will know that the treatment works if your child experiences a pressure increase and/or a "click" in the ear. Note Maximum 20 inflations per balloon.</p>

Where can I obtain an Otovent?

Otovent can be purchased over the counter at most pharmacies or can be ordered if they do not have it in stock. They can also be purchased online via the Otovent website: www.gluear.co.uk.

More information

For more information about the paediatric audiology and audiovestibular medicine service, please visit our website:

www.royalfree.nhs.uk/services/services-a-z/childrens-services/paediatric-audiology.

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: rf.communications@nhs.net.

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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