

# Using the Otovent

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Otovent can be used as an alternative treatment option for glue ear. This leaflet has been developed as guidance on how best to use the device for your child.

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## Introduction

Glue ear is a condition that affects many young children. It is estimated that 70% of children will have experienced at least one episode of glue ear by the age of 4. It can affect one or both ears at a time. Glue ear is usually a temporary condition that most children grow out of. In about 50% of cases, glue ear will spontaneously resolve over three months and this percentage rises over 12 months with no intervention. However, there is evidence which now suggests that a device known as an Otovent can help while your child is in a period of “watchful waiting”.

## What is an Otovent?

An Otovent is an auto-inflation device and consists of a nose piece and five balloons. The Otovent can be used on anyone from three years of age; however, the treatment of children should always be supervised by an adult.

## What is auto-inflation?

Auto-inflation is a simple technique that increases the pressure in the nose, opening the Eustachian tubes that connect the middle ear to the back of the throat. This helps to equalise the pressure and clear the fluid from the space behind the eardrum.

## How to use the Otovent

The manufacturer recommends that people starting treatment with an Otovent should use it at least three times a day with one inflation through each nostril on each occasion. After one week, it should be used at least twice a day. We recommend that the device is used in the morning, on returning home from school and before bedtime for the first week, and then in the morning and before bedtime after that. Parents may want to demonstrate the device before their child, to experience the sensation of pressure on the Eustachian tube. The child may experience “clicking”, discomfort, or feel movement in their ears. These are signs that the device is working.

To use the Otovent please follow the instructions below:

- For the first use please stretch the balloon.
- 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.
- Inhale deeply, close the mouth and inflate the balloon until it is the size of a grapefruit, by blowing through the nostril.
- Repeat the procedure with the left nostril.



- After each use the nose piece should be washed in mild detergent and rinsed with clean water.

A video of how to use the device can be found on the YouTube using the following link:  
[www.youtube.com/watch?v=rEFBIZCwkuc](http://www.youtube.com/watch?v=rEFBIZCwkuc)

When not in use please protect the balloons from direct sunlight and keep the nose piece along with the balloon in the box provided with the device. Each balloon can be inflated at least 50 times.

Stop using the device if your child:

- Has a bad cold
- Is suffering from nasal congestion
- Has an ear infection

### Would you like to find out more about Otovent?

Visit the official Otovent site on [www.gluear.co.uk](http://www.gluear.co.uk)

Further information is available from [www.littleears.soton.ac.uk/](http://www.littleears.soton.ac.uk/). You will need to create an account to access the resources.

If you have any further questions or concerns please ask one of the Paediatric staff who will try and help. The contact number of the Audiology Department is 0118 322 7238.

For further information about the Trust, visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology Department.

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