



Using the Otovent (adult patients)

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.

Why do I need Otovent?

Glue ear is a common medical condition affecting hearing, it is also known as Otitis Media with Effusion or Serious Otitis Media. Glue ear is usually a temporary condition that can affect one or both ears at a time. Glue ear can spontaneously resolve over three months without the need for intervention. However, there is evidence which now suggests that a device known as an Otovent can help while you are in a period of “watchful waiting”.

What is an Otovent?

An Otovent is an auto-inflation device and consists of a nose piece and balloons. The Otovent can be used on anyone from three years of age.

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, in the afternoon and before bed for the first week, and then in the morning and before bed after that. You may experience “clicking”, discomfort, or feel movement in your 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:

https://www.youtube.com/watch?v=O5Y_bUqmQ1o

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 you:

- Have a bad cold
- Are suffering from nasal congestion
- Have an ear infection

Would you like to find out more about Otovent?

Visit the official Otovent site on www.gluear.co.uk

If you have any further questions, please contact:

The Audiology Department on tel: 0118 322 7238

Email: audiology.royalberkshire@nhs.net

Website: www.royalberkshire.nhs.uk/services-and-departments/audiology

To find out more about our Trust visit 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.