

Using a Nebulizer

A nebulizer is a machine that carries asthma medicine to the lungs.



- A nebulizer is a machine that pushes air through an asthma medicine to turn it into a fine mist.
- Most people use inhalers with a spacer instead of nebulizers.
- Usually doctors only order nebulizers for babies or small children, or people having an asthma episode.

A nebulizer must be used correctly to carry medicine to the lungs. To use a nebulizer:

1. Put the nebulizer together. Read the instructions or ask your doctor to show you how.
2. Make sure the machine is on a flat surface.
3. Put the medicine in the cup.
4. Connect the tubing to the machine and turn it on. A mist should come out.
5. Put the mouthpiece in the mouth or put the mask on. The mask should fit snugly over the nose and mouth.
6. Breathe in and out slowly and deeply until the medicine is gone, holding each breath for 1 or 2 seconds.
7. Turn the compressor off and disconnect the tubing, when finished.
8. Rinse mouth with water.
9. Store the machine in a plastic bag.

Nebulizers need to be taken care of so that they can work right.

- **NEVER** share tubing and mouthpiece.
- Shake the extra moisture out of the tubing after every use.
- Wash the mouthpiece and med cup parts in clean warm soapy water using a clean toothbrush, rinse in water.
- Soak the mouthpiece, cup, and mask in a solution of 1 part vinegar to 3 parts water for 20 minutes every 2 or 3 days, then rinse all parts well with warm water. **Do not soak the tubing!**
- Air-dry carefully
- Wipe down the machine and the outside of the tubing with a damp cloth after every use. Rinse the nebulizer cup with water after each use.
- Check the filter every month and replace it when discolored; it should look white.

