

Nebulizer

Basic facts for
children
and families

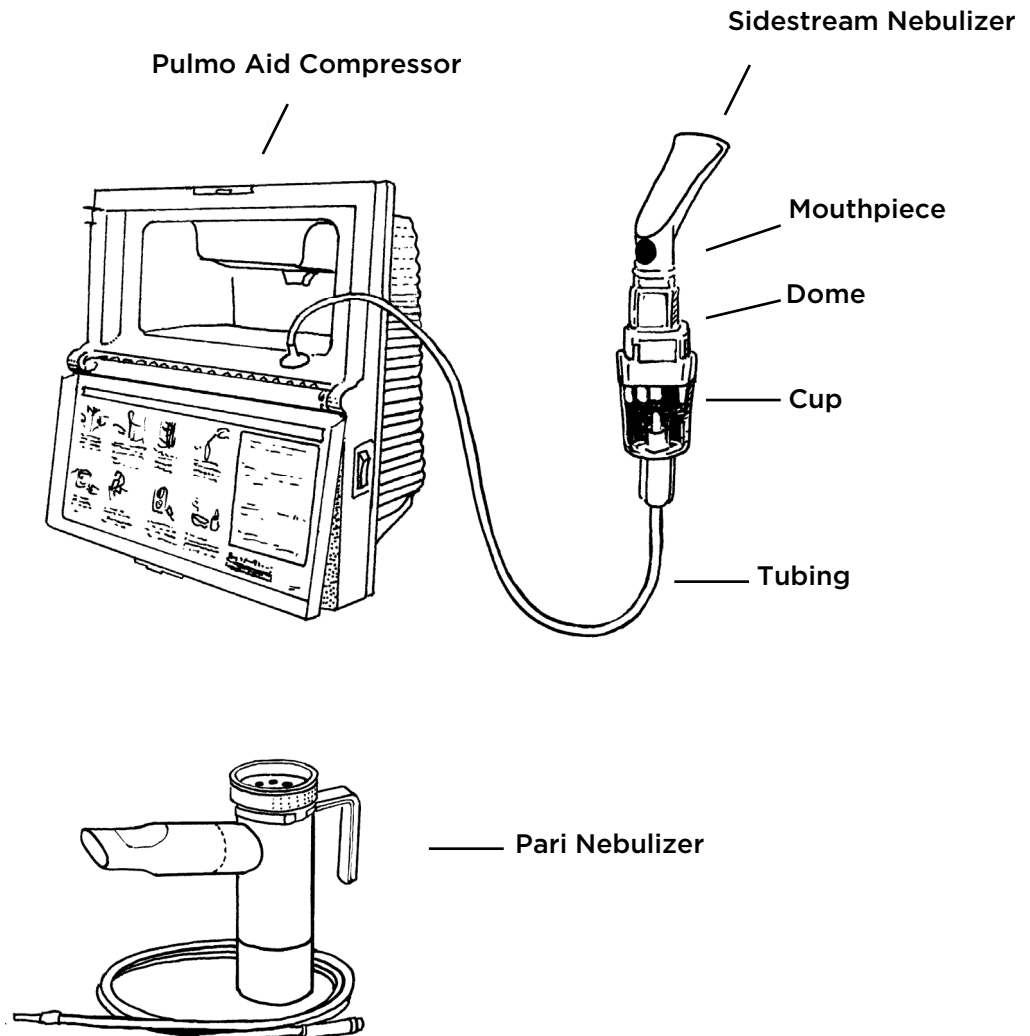
What is a nebulizer?

It is a device that helps you take your liquid medicine. The nebulizer is the mouthpiece or mask that delivers the medicine into your mouth in a very fine mist. The cup holds the medicine. The compressor looks like a machine and supplies the power to make it work.

Why do I need it?

The nebulizer sends the medicine straight into your lungs. This is an easy way to get the medicine to the right place.

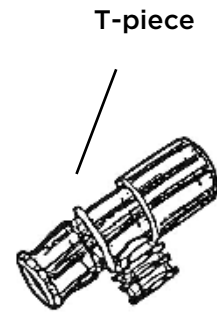
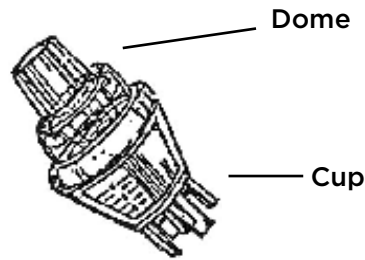
The parts



How do I use it?

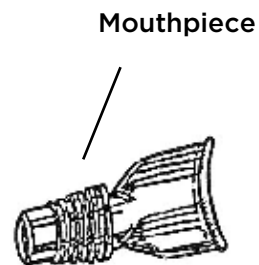
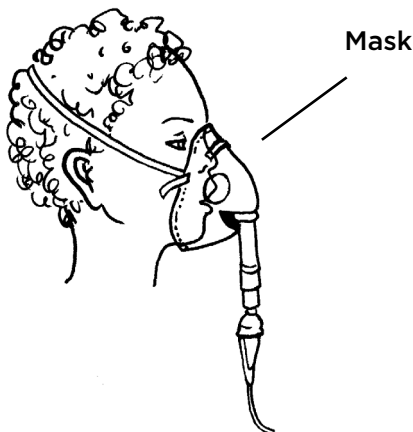
There are many different types of compressors and nebulizers. Read the directions for each one.

1. Plug in the compressor to a wall outlet.
2. Insert one end of the tubing into the compressor and the other end into the cup.
3. Have an adult measure the medicine into the cup.
4. Attach the cup to the dome.



5. Attach the dome into the T-piece.

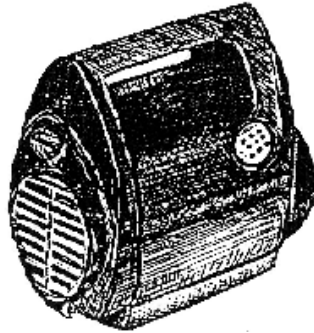
6. Attach the T-piece to the mouthpiece or the mask.



7. Attach the tubing to the compressor and the cup.



8. Start the compressor.



—— SportsNeb Compressor

9. Keeping the cup up straight, hold the mouthpiece in your mouth (or mask over your mouth) and take slow, deep breaths.
10. You will take these slow breaths for about 5 to 10 minutes. After that time, you will see and hear that the medicine is running out. Shake the cup downward a few times to make sure all the medicine has come through. You are done!
11. Take apart the plastic parts of the nebulizer. Clean the parts after you use them each time.

Cleaning the nebulizer

If the nebulizer is dirty, you might pick up germs and get sick. It may be dirty even though you can't see any dirt.

How do I clean it?

Clean the nebulizer parts after you use them each time.

1. Take apart the plastic parts of the nebulizer.
2. Swish each piece in warm soapy water.
3. Rinse each piece under warm running water.
4. Let each piece air dry on a clean dish towel or a paper towel.
5. When the pieces are completely dry, put the nebulizer back together. Store it in a clean, dry plastic bag.

How do I disinfect it?

- **Disinfect your nebulizer 2 times each week.**
- **If you have CF (Cystic Fibrosis), you will need to disinfect it 3 times each week.**

There are 4 ways to disinfect your nebulizer. Choose the one that is the easiest for you.

Four options for disinfecting

Clean your nebulizer as you normally do after you use it.

1. Soak the nebulizer parts in a container of alcohol (70% isopropyl) for 5 minutes. Rinse with water and allow the parts to air dry.
2. Mix a bleach solution and soak the nebulizer parts for 3 minutes. Rinse with water and allow to air dry.
 - Mix 1 teaspoon of household bleach with 1 cup (8 oz) of water.
3. Soak the nebulizer parts in a container of hydrogen peroxide (3%) for 30 minutes. Rinse with water and allow the parts to air dry.
4. Boil the nebulizer parts in water for 5 minutes. Allow the parts to air dry. This method should only be used for durable nebulizer cups like the Pari LC Plus or Invacare Sidestream. Please do not boil the Hudson, Acorn, or Misty Max nebulizer cups.

How do I dry the tubing after I clean it?

Attach the tubing to the compressor. Turn on the compressor and let it run for 1 or 2 minutes. The blowing air will dry out the tubing. Use a paper towel or clean hand towel to dry the other parts.

What can I do while I'm using the nebulizer?

- Read a book
- Watch TV
- Work on school work
- Listen to music

To Learn More

- Ask your child's healthcare provider
- www.seattlechildrens.org