

A nebulizer is a device driven by a compressed air machine. It allows you to take asthma medicine in the form of a mist (wet aerosol).

It consists of a cup, a mouthpiece attached to a T-shaped part or a mask, and thin, plastic tubing to connect to the compressed air machine. It is used mostly by three types of patients:

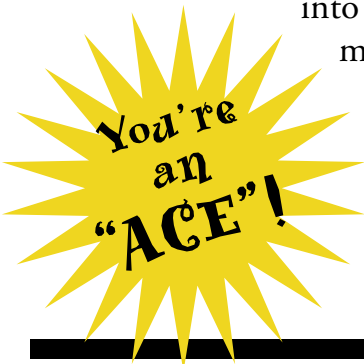
- Young children under age 5
- Patients who have problems using metered-dose inhalers
- Patients with severe asthma flare ups in hospital emergency rooms and doctors' offices

A nebulizer helps make sure you get the right amount of medicine.

A routine for cleaning the nebulizer is important because an unclean nebulizer may cause an infection.

A good cleaning routine keeps the nebulizer from clogging up and helps it last longer.

Directions for using the compressed air machine may vary (check the machine's directions), but generally the tubing has to be put into the outlet of the machine before it is turned on.



HOW TO USE A NEBULIZER

- 1.** Measure the correct amount of normal saline solution using a clean dropper and put it into the cup. If your medicine is premixed, go to step 3.
- 2.** Draw up the correct amount drops of your medicine, as directed by your physician, and put it into the cup with the saline solution.
- 3.** Fasten the mouthpiece to the T-shaped part and then fasten this unit to the cup OR fasten the mask to the cup. For a child over the age of 2, use a mouthpiece unit because it will deliver more medicine than a mask.
- 4.** Put the mouthpiece in your child's mouth. Make sure that lips are tight around it OR place the mask on your child's face.
- 5.** Turn on the air compressor machine.
- 6.** Take slow, deep breaths in through the mouth.
- 7.** Hold each breath 1 to 2 seconds before breathing out.
- 8.** Continue until the medicine is gone from the cup (approximately 10 minutes).
- 9.** Store the medicine as directed after each use.

CLEANING THE NEBULIZER



Don't forget: Cleaning and getting rid of germs prevents infection. Cleaning keeps the nebulizer from clogging up and helps it last longer.

AFTER EACH USE

- 1.** Remove the mask or the mouthpiece and T-shaped part from the cup. Remove the tubing and set it aside. The tubing should not be washed or rinsed. Rinse the mask or mouthpiece and T-shaped part—as well as the eye-dropper or syringe—in warm running water for 30 seconds. Use distilled or sterile water for rinsing, if possible.
- 2.** Shake off excess water. Air dry on a clean cloth or paper towel.
- 3.** Put the mask or the mouthpiece and T-shaped part, cup, and tubing back together and connect the device to the compressed air machine. Run the machine for 10 to 20 seconds to dry the inside of the nebulizer.