



nebulizers

NEBULIZER THERAPY

Nebulizer therapy delivers medicine deep into the lungs. Lung medicines that are breathed in work best.

Common medicines used in nebulizers are:

- Bronchodilators: Help with wheezing or coughing.
- Anti-inflammatory medicines: Help control swelling and asthma symptoms.
- Anti-infective medicines or mucous thinning medicines: Help people with cystic fibrosis.

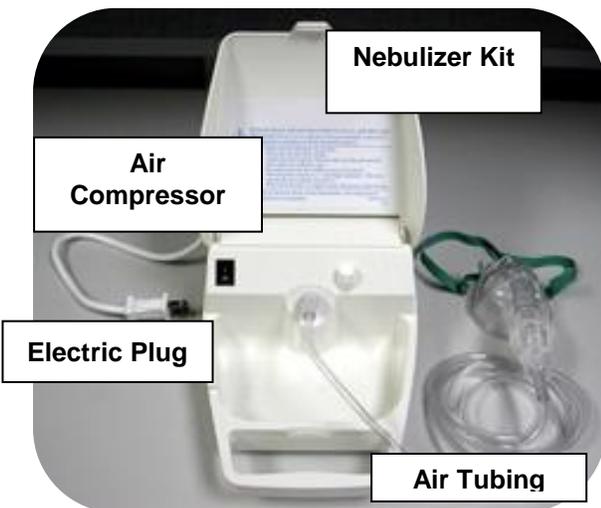
NEBULIZER EQUIPMENT

We have 2 types of nebulizers. The most common nebulizer shoots a stream of air through liquid medicine to create a fine mist.

The second nebulizer, an "Ultrasonic", makes a mist without a stream of air.

The nebulizer has 2 main parts:

1. Plastic nebulizer kit with cup for liquid medicine (has removable top).
2. Air compressor.



SETTING UP EQUIPMENT

There are many different makers of portable nebulizers. Always read and follow the specific instructions.

Find a quiet area in your home where you can take treatments comfortably and without interruption.

Remember ... Good Hand washing is the key for stopping germs! Always wash your hands before touching nebulizer equipment.

- Place air compressor on clean, flat surface near electrical outlet.
- Plug in compressor.
- Connect air tubing to compressor.
- Measure prescribed medicines and place in clean nebulizer cup. It may be easier if you remove the top.
- Turn compressor on and check for misting.

Note: Medicines come in many different forms. Call your pharmacist, home care nurse, or respiratory therapist for any medicine questions or concerns.

MY MEDICINE:

NEBULIZER DELIVERY

We have 3 ways to take Nebulizer treatments. We base each type on your child's age and level of cooperation.

Mouthpiece Treatments

This is for children age 8 years and older.



Mouthpiece placed between teeth. Lips form a tight seal around it.

Children as young as 6 years old can learn to take mouthpiece treatments. This may not work in the middle of the night when the child is sleepy.

Mask Treatments

Mask treatments are for children less than 8 years old.

Aerosol mask on nebulizer and over the nose and mouth. A mist fills the mask.

Placing a mask on young children can be scary.



Playing with the mask before the treatment is a good way to help overcome this fear.

Try to calm your child down. Most young children stop crying shortly after treatment starts.

Blow-by Treatments

Blow-by treatments are for very small infants or for children who *cannot* tolerate a mask.

This method directs mist at the nose or mouth through a flex tube. Hold the flex tube ½ inches to 1 inch from the nose.



TAKING NEBULIZER TREATMENT

- Position child in an upright position.
- Turn compressor on and begin treatment.
- Keep nebulizer upright.

Tell older child to take deep breaths through their mouth.

Depending on amount of medicine, the treatment usually takes 10 - 15 minutes.

Shake or tap nebulizer once or twice when it begins to sputter, if it continues to sputter, the treatment is done.

CARE OF NEBULIZER KIT

- Take nebulizer apart.
- Wash all parts (except air tubing) in soapy water. This includes mask or mouthpiece.
- Rinse with clean water.
- Shake off water and allow to air dry.
- Once dry, store in a clean bag.

Once a week, clean the nebulizer kit using ONE of the following methods

- Boil for 5 minutes.
- Sanitize in dishwasher.

Note: Children with cystic fibrosis need to **clean** all nebulizers **every day**.

Another way of cleaning is soaking the nebulizer in a bleach solution (1:50):

- Wash your hands.
- Make solution of 1 tablespoon of bleach and 3 cups of water. Always use a fresh solution.
- Soak all parts of nebulizer and mask for 3 minutes (except the air tubing).
- Rinse with clean water.
- Throw out the bleach and water solution.
- Shake off water and allow to air dry.

CARE OF COMPRESSOR

- Wipe compressor with a damp cloth.
- Check filter monthly and replace it when it can no longer be cleaned.
- Read and follow the manufacturer's directions for care of the compressor.

TROUBLESHOOTING AND SAFETY

- ALWAYS keep a spare nebulizer kit on hand.
- Before using, check nebulizer parts for cracks or caking of material inside.
- Do not block air inlet of compressor.

Treatment Longer than 10-15 minutes:

Check mist output.

- Nebulizer may be clogged.
- Compressor filter may be dirty. This can obstruct the air flow from the compressor.

Treatment Shorter than 10-15 minutes:

Medicine may be leaking out of nebulizer.



FREQUENTLY ASKED QUESTIONS

1. Are treatments better when child is crying?

Treatments are better when a child is calm. However, crying may cause coughing which may help clear loose secretions.

2. Is it normal for children to cry, kick and scream when first beginning breathing treatments?

Preschool age children usually do not like breathing treatments and need special time and attention during the treatment.

3. Is it unusual for a child to vomit after crying hard?

Crying children can swallow air and mucous. Crying and coughing can stimulate the gag reflex and cause some vomiting. If this happens often, call your doctor.

4. How do I know when to give treatments as needed (prn)?

Always discuss the treatment plan with your doctor. We base treatments on the type of medicine and symptoms of your child. Some medicines are not given for fast relief of symptoms.

5. Can someone in the house smoke during the treatments?

Do not allow anyone to smoke in your house at any time! Smoke is always very irritating to infants and children.