

HOW TO USE A NEBULIZER



DENVER HEALTH™

est. 1860

FOR LIFE'S JOURNEY

What is a Nebulizer?

A machine and medicine container that changes liquid asthma medication into a fine mist so that it can be inhaled into the lungs.

1. Place the machine onto a flat, dust-free surface, and plug it into an electrical outlet.

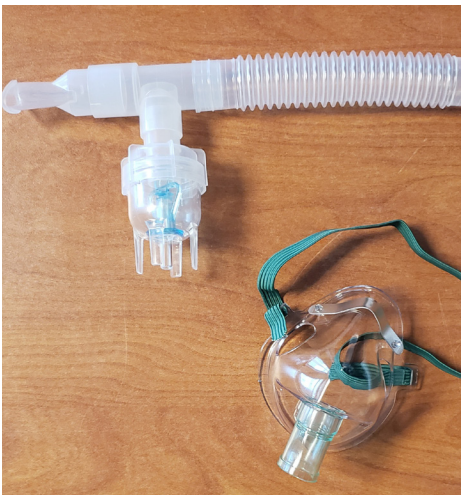


2. Gather nebulizer parts and medicine.

Use the mask and nebulizer cup for:

- Kids 7yrs and younger
- Those who can't keep their mouth sealed around the nebulizer mouthpiece
- Those who have a hard time breathing in and out through the mouthpiece

Use the mouthpiece and nebulizer cup for anyone else.



3. Put together the nebulizer cup by twisting the top onto the base of the cup.



4. With clean hands, twist off the top of the medicine vial, and squeeze the medicine into the cup.



5. Attach either the mouthpiece or mask to the nebulizer cup.

6. Connect the tubing to the machine and then to the bottom of the nebulizer cup.



7. If using Nebulizer Mask

- Mask should fit tightly over the nose and mouth.
- Do not hold the mask away from the face.
- Squeeze metal strip to tighten area by nose.
- Pull both green elastic pieces to tighten around the face.



8. If using Nebulizer Mouthpiece

- Put the mouthpiece in the mouth, make a tight seal with lips.
- The mist should not escape around the mouth.
- If difficult to take normal breaths with the mouthpiece, change to nebulizer mask.



9. Turn on the nebulizer machine. You should see a fine mist coming from the mouthpiece or mask.



10. Breathe in and out normally

- Continue treatment until nebulizer cup is empty, about 10 minutes.
- Then take the mouthpiece out of the mouth or remove the mask and turn off the machine.



Nebulizer Cleaning

- ✓ Clean after every use
- ✓ Wash the nebulizer cup and mouthpiece or mask with warm water and liquid dish soap
- ✓ Rinse well, shake off warm water, air dry on a clean towel
- ✓ **Do not wash the tubing** - wipe outside with damp cloth
- ✓ Wipe outside of the nebulizer machine with a clean wet cloth to keep dust-free

Nebulizer Disinfecting

- ✓ Disinfect once a week, failure to do so could lead to serious illness
- ✓ Soak nebulizer cup, mouthpiece, or mask in one-part white vinegar and 3 parts warm water for one hour
- ✓ Rinse well with warm water, air dry on a clean towel

Nebulizer Machine Filter

- ✓ Should be changed or cleaned regularly
- ✓ Refer to manufacturer information included with your nebulizer machine



DENVER HEALTH™

est. 1860

FOR LIFE'S JOURNEY