



What you need to know about...

Nebulizers

Nebulizers are small air compressors that are sometimes used to deliver asthma medications. They take a liquid medication and make it into a fine mist which you breathe in. Nebulizers do not use oxygen they use room air to form the mist.

How to Use

Before starting be sure your Nebulizer is plugged in and ready to use. Always wash your hands prior to putting your medicine in.

1. Nebulizers have a medication cup. Open the medication cup and fill with the medication as prescribed by your healthcare provider. Replace cap.
2. Attach either a mouth piece or mask to the end of the medication cup.
3. Hook one end of the tubing to the medication cup and the other end to the Nebulizer.
4. If using a mouthpiece, seal your lips tightly around the mouthpiece if using a mask, place mask firmly to face.
5. Turn on your Nebulizer; take slow deep breaths in through the mouth or mask. Continue till all the medication is gone. (About 10 minutes)



Care and Cleaning

It is very important to keep your equipment clean to prevent infections. *Never wash or clean the tubing.*

1. After each use, remove the medication cup and rinse in water. Place on a paper towel and allow it to air dry.
2. Once a week make sure to clean your medication cup in mild soapy water or 1 part vinegar and 2 parts water - rinse well and place it on a paper towel to air dry.
3. Replace the Nebulizer cup and tubing every six months.
4. Make sure to change the filter in your Nebulizer any time it discolors or appears clogged.