

## *Using a Nebulizer*

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- **Just like an inhaler, a nebulizer must be used the right way to deliver medicine to the lungs.**



**A nebulizer is a machine that delivers asthma medicine to the lungs.**

- A nebulizer is a machine that pushes air through asthma medicine to turn it into a fine mist.
- Most people use inhalers with a spacer instead of nebulizers now. Usually doctors only prescribe nebulizers for babies or small children, or people having an asthma episode.

**Just like an inhaler, a nebulizer must be used correctly to deliver medicine to the lungs.** To use a nebulizer:

1. Put the nebulizer together. Read the instructions or ask your doctor to show you how.
2. Make sure the machine is on a flat surface.
3. Put the medicine in the cup.
4. Connect the tubing to the machine and turn it on. A mist should come out.
5. Put the mouthpiece in the mouth or put the mask on. The mask should fit snugly over the nose and mouth.
6. Breathe in and out slowly and deeply until the medicine is gone.. Holding each breath for 1 or 2 seconds.
7. Turn the compressor off and disconnect the tubing.
8. Rinse mouth with water.
9. Store the machine in a plastic bag.

Nebulizers need to be taken care of so that they can work right.

- **NEVER** share tubing and mouthpiece.
- Shake the excess moisture out of the tubing after every use.
- Soak the mouthpiece and mask in a solution of 1 part vinegar to 3 parts water for 30 minutes every 2 or 3 days. **Do not soak the tubing!**
- Air-dry.
- Wipe down the nebulizer and the outside of the tubing with a damp cloth after every use
- Check the filter every month and replace it if necessary.