



Nebulizer Treatment Instructions



Photo courtesy of AARC

My prescription: Drug _____ **Dosage** _____ **How often:** _____

This medication is a:

- rescue bronchodilator maintenance bronchodilator maintenance anti-inflammatory (corticosteroid)
 Other _____ Note:

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Steps for Nebulizer Treatment

1. Wash hands with warm soapy water
2. Place prescribed drug dosage in nebulizer cup
3. Assemble according to manufacturer's instructions
4. Turn ON gas powered or electrical device.
5. Place mouthpiece between teeth with lips closed tightly (or place mask over nose and mouth securely)
6. Coach patient to breathe normally through the mouth occasionally taking a deep breath
7. Gently tap the nebulizer when it begins *spitting* to use all the medication
8. Continue treatment until aerosolized drug is gone
9. Encourage patient to cough out secretions
10. Rinse mouth and spit (especially if using a corticosteroid)
11. Take plastic nebulizer pieces apart, rinse in clear tap water and air dry on a paper towel. (do not soak the tubing)



Nebulizers are gas powered devices that aerosolize (mist) liquid medication to reach the lower airways to treat bronchospasm, inflammation and infection.

Nebulizers run on compressed air or oxygen flowmeters, or air compressors.

****Your home care company can provide you with extra nebulizer kits. Always have a spare on hand.*

How to Use a Nebulizer Video
<http://youtu.be/idjeYf9C5IU>

Cleaning Nebulizer Equipment

1. Every 3 days of use, wash disassembled plastic pieces (not tubing) of the nebulizer in warm soapy water and rinse thoroughly.
2. To disinfect: soak 20-30 minutes in a solution of:
3 parts water and 1 part vinegar
3. Rinse in clear warm water and air-dry on a clean paper towel.

Note:

Unplug the machine and wipe with a damp cloth. Never place machine in water. Replace filter as needed when discolored.