

Using a Nebulizer

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.



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

To use a nebulizer:

Put the nebulizer together. Read the instructions or ask the doctor to show you how.

- Make sure the machine is on a flat surface.
- Put the medicine in the cup.
- Connect the tubing to the machine and turn it on. A mist should come out.
- Put the mouthpiece in the mouth or put the mask on. The mask should fit snugly over the nose and mouth.
- Have your child breathe in and out slowly and deeply until the medicine is gone. Turn the machine off and disconnect the tubing.
- Shake out any remaining moisture from the medicine cup.
- Store the machine in a plastic bag.

Cleaning a Nebulizer

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

- **Never** share tubing and mouth piece.
- Shake the excess moisture out of the tubing after every use.
- Clean nebulizer parts by rinsing with hot water, wash with soapy water, then rinse off soap with hot running water. Do not soak the tubing.
- Place all parts on a dry towel to air dry.
- Wipe down the nebulizer and the outside of the tubing with a damp cloth after each use.
- Check the filter every month and replace if necessary.
- Replace nebulizer cups when they are cracked or no longer work.

