

Nebulizer

Nebulizers are very popular across the United States and are commonly used in hospitals and homes. Today, there are many different types of nebulizers. A hand-held nebulizer changes liquid into an aerosol treatment so that the liquid medication can be inhaled. To use your nebulizer properly, follow the instructions packaged with the nebulizer and follow these general guidelines.

How to Use a Nebulizer



1. Put medicine into the medicine cup.



2. Attach the mouthpiece or mask to the medicine cup.



3. Attach the medicine cup to the compressor tubing.



4. Place the mouthpiece in your mouth or place the face mask over your nose and mouth. Breathe through your mouth until all of the medicine is gone.

5. During the treatment periodically tap on the sides of the medicine cup to knock the medicine back into the cup from off of the walls of the cup.

6. If you need to cough, stop the treatment and use a tissue. If coughing is prolonged, turn off the nebulizer to avoid wasting medication. Resume treatment when ready.

7. When the treatment is done the medicine cup will be empty and the nebulizer will stop misting. Most treatments will take about 15-20 minutes to complete.

8. After the treatment it is suggested to always try to cough to clear your lungs. This is especially important since the buildup of mucus in your lungs can lead to further breathing problems.

If any adverse reactions to the medicine occur (chest pains, heart racing, nausea) notify your doctor or call 911

Cleaning your nebulizer

Always keep your nebulizers clean! If not, germs may invade your equipment and make it unsafe to use. Your nebulizer kit should be thoroughly rinsed after each treatment. After your last treatment of the day, an extremely thorough cleaning is needed.

After EACH of your DAILY treatments, wash your nebulizer kit (except the connection tubing) thoroughly in warm water with liquid detergent.

At the end of EACH DAY submerge all the parts of the nebulizer kit (except the connection tubing) into a solution of 1 cup vinegar and 3 cups of water. Allow to soak for 30 minutes. Discard the solution and rinse the equipment in warm water. Allow the equipment to air-dry on a paper towel.

Wipe down the nebulizer compressor (unplugged) as needed with a damp cloth.

Once a month, throw away old nebulizer kit and replace with a new one.

If you have any additional questions regarding the use or cleaning of your nebulizer equipment, please contact Cimarron Medical Services.

**Cimarron Medical Services
723 Eastgate
Stillwater, OK 74074
(405) 377-9735
(800) 368-1346**