

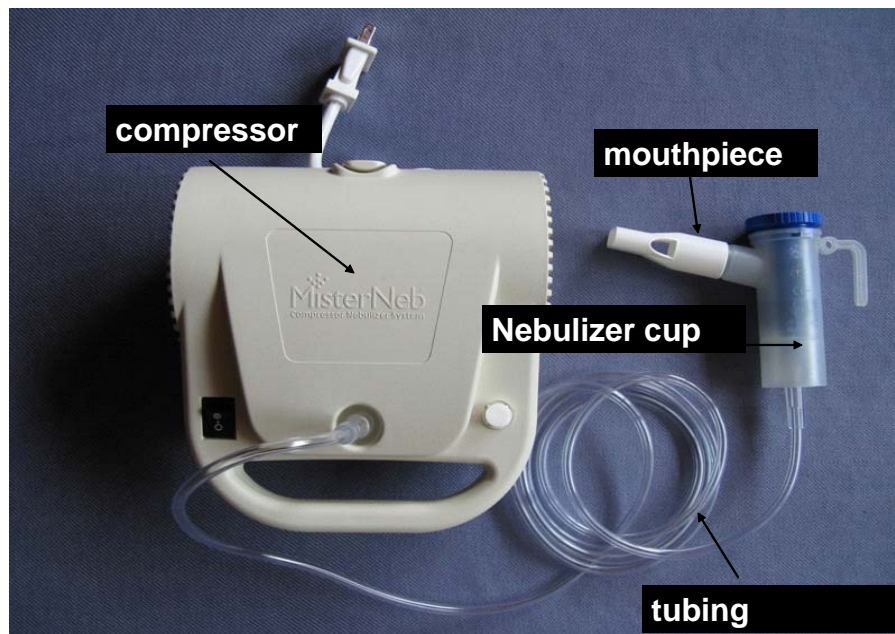
HOW TO USE THE NEBULIZER WITH MOUTHPIECE

What is a nebulizer?

A nebulizer delivery system is one way of giving inhaled medicine to your child. The system is made up of several parts:

- A nebulizer, which is a small cup that holds liquid medicine.
- A compressor, which is a machine that turns the liquid medicine into a mist.
- Tubing that connects the compressor to the nebulizer cup.
- Either a mask or a mouthpiece that delivers the medicine directly to your child.

Below is a picture of one particular nebulizer system. Your child's system may look different because there are different brands of both nebulizers and compressors.



How to Give the Nebulizer Treatment

1. Place the compressor near a power source and where you can reach the on/off switch.
2. Always wash your hands before preparing each treatment and start with a clean nebulizer cup.
3. Measure the correct dose of medications and place the medicine in the nebulizer cup.
4. Attach the mouthpiece to the nebulizer cup.
5. Connect tubing from the compressor to the bottom of the nebulizer cup.
6. Sit in relaxed, upright position. Turn on air compressor.
7. Close lips around mouthpiece, place mouthpiece on top of tongue and breathe in the aerosol mist slowly through the mouth.
8. Breathe out slowly.
9. Continue steps 6-8 until medication is gone or you hear a sputtering sound.
10. Turn off air compressor.
11. Disconnect tubing from bottom of nebulizer cup.

Care and Cleaning of the Nebulizer System Equipment

Please follow the specific instructions from the manufacturer. Some general guidelines are below.

Daily use: After each treatment, rinse the nebulizer cup and mouthpiece with hot tap water. At the end of each day, wash the cup and mouthpiece in hot tap water with liquid detergent. Rinse well. Allow to air dry. Do not wash the tubing. If the tubing gets wet on the inside, get new tubing.

To disinfect: This should be done at least once a week. There are several choices for disinfecting the nebulizer cup and mouthpiece: 1) wash in a dishwasher if the water temperature gets above 158 degrees for greater than 30 minutes; 2) boil in water for 5 minutes; 3) soak in 70% isopropyl alcohol for 5 minutes and rinse with sterile water; or 4) soak in 3% hydrogen peroxide for 30 minutes and rinse with sterile water.

Care of the compressor: Check the manufacture's instructions for care and cleaning of the compressor. In particular, look to see how often the filter needs to be changed.

