

DIRECTIONS FOR USING A NEBULIZER

What is a nebulizer?

The nebulizer is the mouthpiece or mask that delivers the medicine into your mouth in a very fine mist. The cup holds the medicine. The compressor supplies the power to make it work.

Why do I need it?

The nebulizer sends the medicine straight into your lungs. This is an easy way to get the medicine to the right place.

There are many different types of compressors and nebulizers. It is suggested that you read the directions for each one before using, as only general directions are provided below.

General Step To Using A Nebulizer

1. PLUG IN THE COMPRESSOR TO A WALL OUTLET.
2. **ASSEMBLE THE PARTS** OF THE COMPRESSOR AS DIRECTED. (THIS MAY INCLUDE ALL OR SOME OF THE FOLLOWING PARTS TUBING, CUP, MASK, DOME, AND T-PIECES).
3. MEASURE THE MEDICINE INTO THE CUP.
4. START THE COMPRESSOR.
5. KEEPING THE CUP UP STRAIGHT, HOLD THE MOUTHPIECE IN YOUR MOUTH (OR MASK OVER YOUR MOUTH) AND TAKE SLOW, DEEP BREATHS.
6. YOU WILL **TAKE THESE SLOW BREATHS FOR ABOUT 5 TO 10 MINUTES.** AFTER THAT TIME, YOU WILL SEE AND HEAR THAT THE MEDICINE IS RUNNING OUT. SHAKE THE CUP DOWNWARD A FEW TIMES TO MAKE SURE ALL THE MEDICINE HAS COME THROUGH.
7. **YOU ARE DONE!**
8. TAKE APART THE PLASTIC PARTS OF THE NEBULIZER.
9. CLEAN THE PARTS AFTER YOU USE THEM EACH TIME.



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator.

DIRECTIONS FOR USING A NEBULIZER

Routine Cleaning



1. Performed only on days where the nebulizer was used
2. Each night, the medication nebulizer is disassembled and washed in warm soapy water, thoroughly rinsed, shaken and allowed to air dry over night
3. The mask can be wiped with a wet cloth. If the mask is cleaned each night like the medication nebulizer is, the strap will quickly degrade
4. Replacement Guide
5. Replace nebulizer and mask at least 4-6 times per year, unless use is rare
6. Store mask and medication nebulizer in a sealed bag once all parts are dry



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