

Controlling Asthma in American Cities Project: Minneapolis / Saint Paul

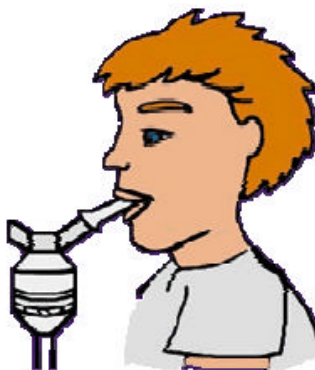
HOW TO USE THE COMPRESSOR-DRIVEN NEBULIZER

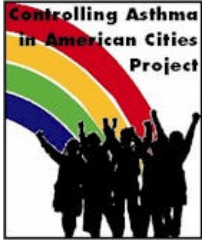
Assembling the Nebulizer:

1. Wash your hands.
2. Remove all nebulizer parts from the plastic bag, including mask/mouthpiece, flex tubing, nebulizer cup, and connecting tubing.
3. Check to ensure written order for medication is available from health care provider
4. Assemble the nebulizer by attaching the t-piece to the nebulizer cup, and then attaching flex tubing to one end of the t-piece and mouthpiece or mask to the other end.
5. Attach connecting tubing to the outlet on the bottom of the nebulizer cup. Attach the other end of the tubing to the outlet on the nebulizer compressor.

Using the Nebulizer:

1. Sit upright in a comfortable chair. An infant or small child may be held upright on a lap or in arms.
2. Place mouthpiece in the mouth or place mask on infant or child.
3. Turn switch on compressor to the "on" position.
4. Breathe normally through the mouthpiece or mask, taking a deep breath every minute or so. Continue until neb cup begins to sputter. Shake or tap the cup and continue breathing through the mouthpiece/mask until nearly all liquid in neb cup is gone.





Nebulizer Care and Cleaning

After each treatment

Rinse cup, mask and mouthpiece.

Every Day, if using Nebulizer machine

Wash the Nebulizer, mask, and cup in warm soapy water. Rinse well and air dry.

At least once per week if using Nebulizer routinely:

- Step 1: Wash your hands. Hands must be clean prior to handling supplies and solutions. Wash hands before any procedure.
- Step 2: Remove the mask/mouthpiece, flex/tubing and nebulizer cup.
- Step 3: Disassemble the nebulizer cup and empty it.
- Step 4: Wash parts (Nebulizer cup, mask & mouthpiece – excluding the tubing) in warm water with a mild liquid detergent and rinse well.
- Step 5: Soak for 20 to 30 minutes to disinfect in a solution of one part white vinegar to three parts water. Use new solution each time.
- Step 6: Remove from solution and rinse in warm running water
- Step 7: Shake off excess moisture. Place nebulizer parts on a paper towel to dry. Cover with another paper towel to keep dust free. Once all parts are completely dry, store in a sealed plastic bag.
- Step 8: Wipe air tubing with warm soapy cloth.
- Step 9: Check air filter.