

# NORTH RALEIGH PEDIATRIC GROUP, P.A.

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## USING A HOME NEBULIZER

### Set up:

1. Wash your hands before setting up the nebulizer.
2. Please the nebulizer on a firm surface - never place on the floor or on a soft surface where the air cannot circulate around it.
3. Plug the nebulizer into an electric socket.
4. Connect one end of the tubing onto the nozzle of the nebulizer machine and the other onto the end of the medication cup.
5. If using a mask, connect the round opening on the mask to the round opening on the medication cup making sure it is attached securely.
6. Twist open one of the single dose vials of medication.
7. Pour the medication into the medication cup; make sure you do not spill the medication out of the cup once it is in place.
8. Turn the machine on; you should see a mist come out of the medication cup or mask if using.

### Treatment:

Have child place the mouthpiece between their teeth and make a tight seal with their lips or place the mask on the child's face and secure with the elastic strap. ***It is important that the mask be secure against the child's mouth and nose! If it is not secure, most of the medication goes into the air and not into the child's lungs where it is needed. If possible, have your child breath in slowly and deeply.***

You may have to hold your child securely during this treatment. The first few uses may be particularly difficult but your child should become accustomed to the mist and mask after a few uses. Never leave a child unattended during a treatment, even if they are tolerant of the mask/machine. Distraction by reading a book, singing a favorite song or watching a video may help.

The treatment takes about 8 minutes. The machine will start to sputter when the medication is gone but you will still see moisture in the cup. Shut the machine off.

### Cleaning After Treatment:

1. Unplug the nebulizer from the electric socket and replace the safety cap on the outlet.
2. After each use, separate the medication cup and wash the two pieces and the mask in warm, soapy water. Rinse and then let them air dry on a clean cloth.
3. **DO NOT** wash the tubing. It is not necessary. If there is water from condensation in the tubing, you can let the tubing hang over a door to drain.

### Sanitizing the Nebulizer

Once every three days the medication cup needs to be sanitized in one part white vinegar and three parts hot tap water. Separate the parts of the medication cup and let the parts sit in the solution for one hour. Rinse well with fresh tap water and let air dry on a clean cloth. ***You do not need to sanitize the mask or the tubing.***



**GROW WITH US**  
Infants, Children, and Adolescents