



## Using Your Nebulizer

### Follow these steps to use your nebulizer correctly

1. Connect nebulizer tubing to nebulizer machine.
2. Fill the nebulizer cup with the liquid nebulizer medication (solution). Close and connect the nebulizer cup with the mouthpiece or mask.
3. Connect nebulizer cup to the other end of the nebulizer tubing.
4. Place the mouthpiece in your mouth or secure mask over the nose and mouth of child.
5. Turn machine on to start the treatment. The treatment often takes 10 to 15 minutes.
6. Instruct child to breathe through their mouth until all the medicine is used. Small children often do better if they wear a mask.
7. Tap the nebulizer cup when it starts to make a sputtering noise. This often happens near the end of the 10 to 15 minutes. Tapping the cup makes sure all the medication is used.



### Follow cleaning instructions on page 2.

# Using Your Nebulizer

## Cleaning your nebulizer

### After Each Use:

1. Disconnect your nebulizer (t-piece or mask) from the tubing and take it apart.
2. Rinse the nebulizer cup with warm water.
3. Shake off the extra water and let air dry.

**At Least One Time a Week:** Soak all the parts (but not the tubing) in warm water with a tablespoon of white vinegar. Let the parts air dry on clean paper towels. Put them back together and keep in a dry, cool place.

- **Never put the tubing in water.** Water damages the tubing. Get new tubing if water gets inside.
- **Reusable nebulizer cups** need to be thrown away every 6 months.
- **Disposable nebulizer cups** need to be thrown away every 2 weeks.

## Do not run out of medication

- Keep a watch on the number of doses left in your medication.
- **When you have used about half of the doses, call to get a refill.**

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**