



## SMALL VOLUME NEBULIZER

### INTRODUCTION:

Your doctor has prescribed a liquid medication to treat your breathing condition. To take the liquid medication you will be using a nebulizer with a compressor. It changes the medication to a mist of fine droplets that you breathe deep into the lungs.

Your medicine: \_\_\_\_\_

Treatments per day: \_\_\_\_\_

**NEBULIZATION THERAPY USES A PRESCRIBED DRUG. NEVER INCREASE YOUR NUMBER OF TREATMENTS OR AMOUNT OF MEDICATION WITHOUT TALKING TO YOUR DOCTOR.**  
**THE MEDICATION SHOULD BE MEASURED AT THE TIME OF TREATMENT, NOT BEFORE.**

### PREPARING YOUR MEDICATION:

1. Your hands must be clean prior to handling supplies and solutions. Wash your hands well before starting.
2. Place a clean paper towel on the table. Remove the medicine cup from unit and place it on the paper towel.
3. Obtain your medicine. You may place the medicine in the cup by either:
  - a) Remove T-piece and pour into top of medicine cup.
  - b) Unscrew medicine cup and pour in.

If you have medicine in unit dose form, remove top of unit dose and pour or squeeze into cup. If you have to measure your medicine, follow the directions given by the health care worker.

**NOTE:** Never use tap water to mix your medicine. Tap water has impurities that may cause your condition to become worse.

If you think you have made a mistake in measuring, empty the medicine cup and begin again.

Assemble the nebulizer as shown:

**(See The Next Page)**

## **ASSEMBLING THE EQUIPMENT:**

Place the aerosol compressor unit on a sturdy, flat surface.

Open the lid to the storage compartment.

Insure the power switch is in the "OFF" position.

Unwrap the power cord from the storage area and plug it into a grounded wall outlet.

NOTE: During high humidity weather conditions, condensation (water build-up) can occur in an internal hose of the compressor. It is recommended that the compressor be turned on and run for two minutes before the air tubing is attached to the air outlet.

Connect one end of the air tubing to the air outlet.

Assemble the nebulizer parts.

Push the baffle down into the nebulizer chamber.

Screw on the nebulizer cap.

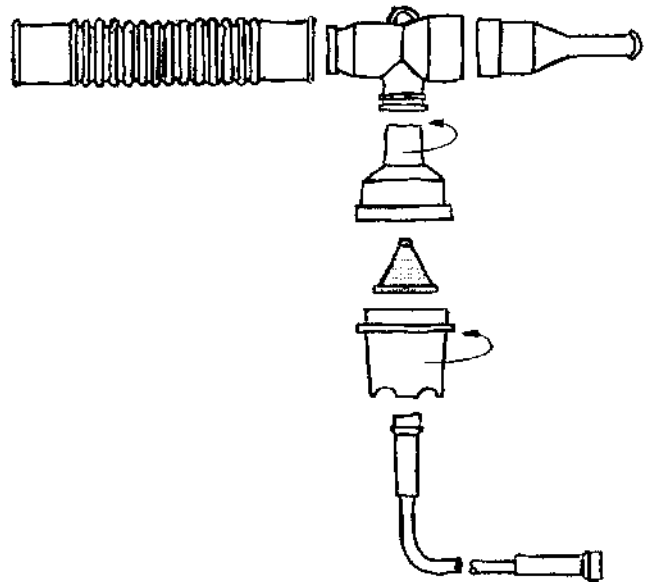
Add your prescribed medication through the opening in the cap.

Insert the "T" piece into the nebulizer cap.

If you are using an aerosol mask, insert the connecting tube on the bottom of the mask directly into the nebulizer cap.

Insert the mouthpiece into the larger opening on the "T" piece and the reservoir tubing onto the smaller opening on the "T" piece.

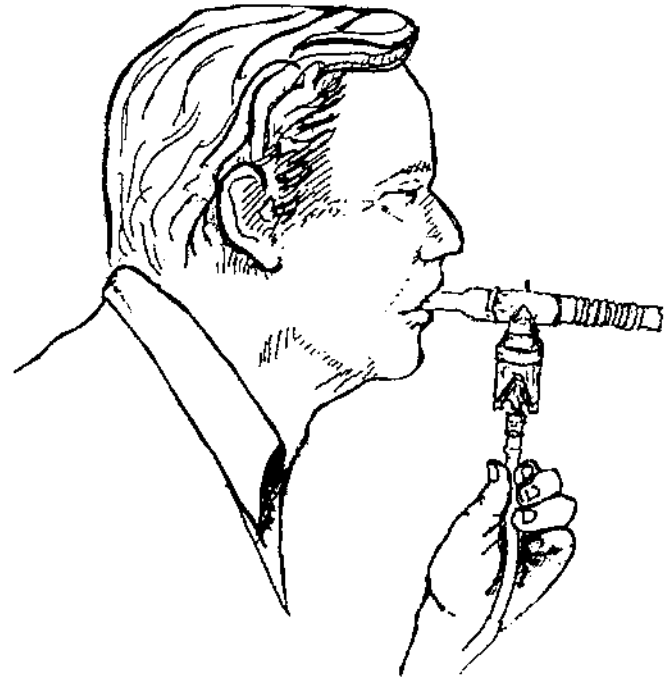
Attach the air tubing to the nebulizer inlet connector.



## TAKING YOUR TREATMENT:

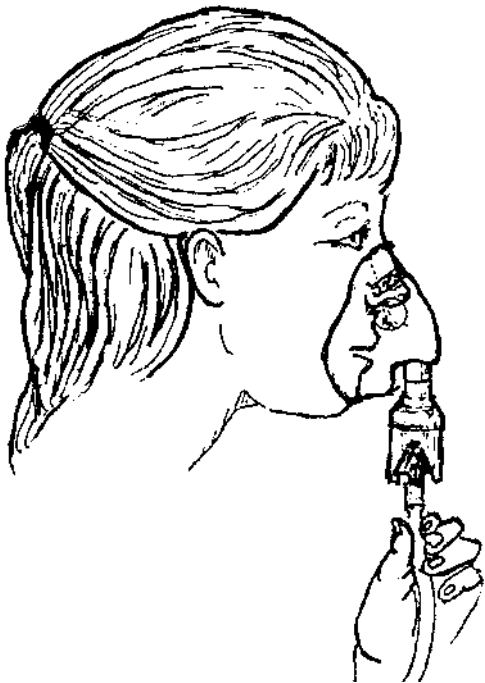
Relax and sit up straight as you were informed by your respiratory care practitioner. Turn on the compressor. You should now see the aerosol mist at the mouthpiece.

Begin your treatment by placing the mouthpiece between your teeth. With your lips closed, breathe in slowly and deeply through your mouth and hold your breath for 5-10 seconds if able, then breathe out slowly.



If an aerosol mask is used, place the mask over both the nose and mouth. Breathe in with mouth open and hold your breath if able as described above. Your treatment will last about 10 minutes.

Stop a few times during your treatment to cough and clear your airways. Always turn off machine when coughing or resting.



## ASSEMBLING THE EQUIPMENT:

Place the aerosol compressor unit on a sturdy, flat surface.

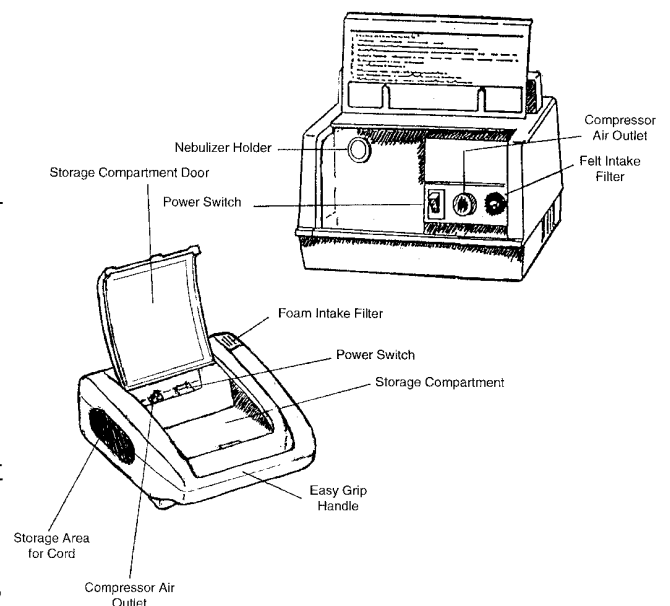
Open the lid to the storage compartment.

Insure the power switch is in the "OFF" position.

Unwrap the power cord from the storage area and plug it into a grounded wall outlet.

**NOTE:** During high humidity weather conditions, condensation (water build-up) can occur in an internal hose of the compressor. It is recommended that the compressor be turned on and run for two minutes before the air tubing is attached to the air outlet.

Connect one end of the air tubing to the air outlet.



Assemble the nebulizer parts.

Push the baffle down into the nebulizer chamber.

Screw on the nebulizer cap.

Add your prescribed medication through the opening in the cap.

Insert the “T” piece into the nebulizer cap. If you are using an aerosol mask, insert the connecting tube on the bottom of the mask directly into the nebulizer cap.

Insert the mouthpiece into the larger opening on the “T” piece and the reservoir tubing onto the smaller opening on the “T” piece.

Attach the air tubing to the nebulizer inlet connector.

### **DURING YOUR TREATMENT:**

Watch for side effects.

If you feel any of the following, stop your treatment:

- Increase in pulse by 20 beats
- Palpitations (noticeable heart beats)
- Dizzy feeling
- Shakiness
- Nausea
- Chest pain
- Uncontrollable coughing

Rest 5 to 10 minutes. If the feeling goes away, continue your treatment but at a slower pace.

### **AFTER YOUR TREATMENT:**

Turn off the compressor.

If needed, cough several times to loosen and bring up any mucous. Clean the nebulizer according to instructions that follows:

### **CLEANING AND MAINTENANCE:**

Depending on usage and cleaning, the life of your nebulizer may be extended for at least 15 days. Since the nebulizer is disposable, we recommend you keep an extra one. A spare nebulizer will allow you to continue your treatment.

**After Each Treatment:**

Remove the tubing from the nebulizer and take it apart. Rinse all the pieces, except the tubing under hot water. Shake off all excess water. Place the parts between two paper towels and allow to air dry.

**After The Last Treatment of the Day:**

Take apart the nebulizer and rinse as described above.

After rinsing the nebulizer, wash it with hot water and dish soap. After washing all the parts, rinse them under hot water to remove soap residue.

**Every Third Day:**

After following steps for cleaning "after the last treatment of the day":

Using a clean container, soak all nebulizer parts in a solution of one part water to one part white vinegar for 30 minutes.

With clean hands, remove the parts from the vinegar solution, rinse under hot water and air dry between two paper towels.

**Discard Vinegar Solution:**

When the parts are dry, assemble the nebulizer for your next treatment.

If you are not using the nebulizer every day, it may be stored in a plastic bag.

The air tubing does not have to be washed on the inside because only filtered air passes through the tubing.

NOTE: If using medical cleaners, follow instructions carefully.

**CLEANING OR REPLACING THE FILTER:**

Clean the filter once a month or sooner if the filter discolors.

Remove the filter and clean it with dishwashing detergent and hot water.

Rinse the filter well.

Squeeze out the excess water and let air-dry.

Replace the filter if it becomes clogged or damaged.

**TROUBLESHOOTING:**

<b><i>PROBLEM</i></b>	<b><i>PROBABLE CAUSE</i></b>	<b><i>REMEDY</i></b>
Unit does not work	Plug not firmly in wall outlet	Check plug at outlet
	No power to unit	Check circuit breaker/fuse
		Test outlet with a lamp
Limited outlet flow	Air tubing blocked	Check tubing for kinks or obstructions.
	Leak	Check inlet fitting and connectors. Also check all parts of the nebulizer for correct assembly and tight fitting.
		Clean or replace filter.
Compressor running; no mist	Blocked compressor inlet filter	
	Nebulizer worn out	Replace nebulizer. Use back-up nebulizer. Don't forget to order another nebulizer. Orders should be made during normal business hours.

This handout is designed to be for informational use only. Your physician or home medical equipment company may provide you with other pertinent information. Keep their phone numbers handy.