

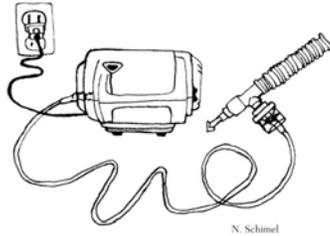


USING A NEBULIZER WITH MOUTHPIECE

A nebulizer turns medicine into a mist that you can breathe deeply into your airways. Nebulizers are used when a person with asthma has trouble using a metered dose inhaler. Some medicines can be mixed together in a nebulizer. Check with your doctor or a pharmacist about mixing medicines.

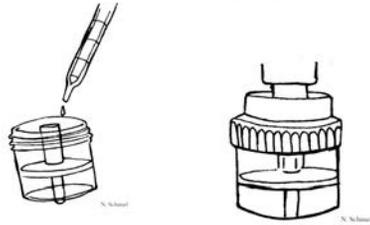
USING A NEBULIZER WITH A MOUTHPIECE

1



Set machine on a hard, level surface and plug it into an electrical outlet.

2



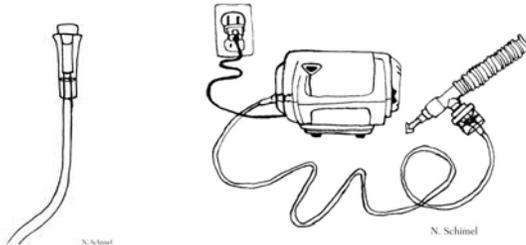
Put the medicine in the nebulizer cup and attach the cap.

3



Put T-piece on top of nebulizer cup. Attach the mouthpiece on one end of the T-piece and wrinkled tube at the other end of the T-piece.

4



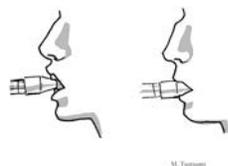
Attach one end of the clear, skinny tube to the bottom of the nebulizer cup and the other end to the nebulizer machine.

5



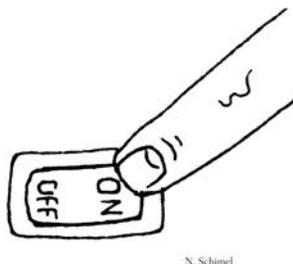
Have the person sit straight up.

6



Put the mouthpiece in the mouth, between teeth, and close the lips.

7



- Turn on the machine.
- Keep the nebulizer medicine cup in an upright position.
- Encourage slow, deep breaths through the mouthpiece.

Hold each breath for 10 seconds, then exhale slowly through the mouthpiece. The treatment is done when all the medicine is used and no mist can be seen. You may need to tap the side of the medicine cup during treatment.

8



Rinse and spit.

Cleaning and storage

- Take the nebulizer apart.
- Set tubing aside. Do not soak, wash or rinse tubing. Replace it if it becomes cloudy, discolored or wet inside.
- Wash the medicine cup, T-piece and mouthpiece with warm, soapy water.
- Rinse the medicine cup, T-piece and mouthpiece in warm water.
- Let all pieces air dry on a paper towel.
- When dry, put pieces in a plastic bag or container.

Disinfect weekly

- Soak medicine cup, T-piece and mouthpiece in half strength vinegar for at least 10 minutes or overnight.
- Rinse with water.
- Let all pieces air dry on a paper towel.
- When dry, put pieces in a plastic bag or container.

Care of the machine

- Wipe with a damp cloth.
- Check the filter monthly. Change it every six months or sooner if discolored.
- The machine should be serviced every five years.