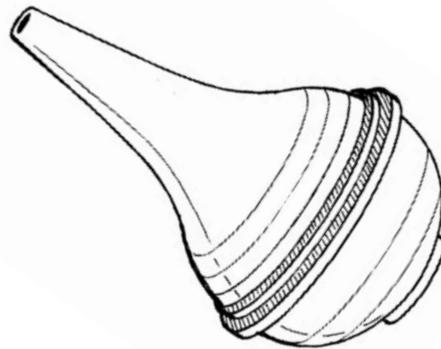


# Let's Talk ABOUT...

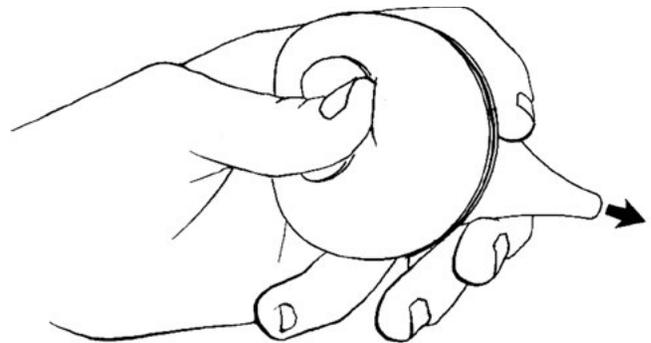
## Suction bulb



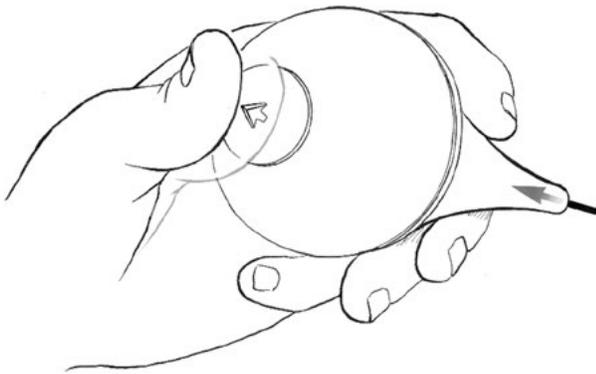
**A** suction bulb is a small, rubbery object that is used to remove mucus. You can use a suction bulb at home to clear your baby's clogged nose or mouth. A stuffy nose can make babies fussy when they try to sleep or eat. Since babies cannot blow their noses, you may have to remove these clogs with a suction bulb.

It is important to position your child correctly when you use a suction bulb. Here are some different positions you may want to try in order to find one that works best for both of you:

- 1 Have a bowl of hot water ready to clean the bulb between suction
- 2 Wrap your child in a towel or blanket to hold his arms. This will let you use a hand to hold his head and a hand to suction.
- 3 If there are two people available, one person may hold the baby with one hand on the baby's head and the other hand holding both of the baby's hands. The other person suction.
- 4 You may lay your baby on his side on a changing table. This allows you to hold his hands with one of your hands while you use your other hand to suction.
- 5 If both the nose and mouth need suctioning, suction your infant's mouth first and then the nose.
- 6 When suctioning the mouth, be sure to put the suction bulb in the side of your child's mouth.
- 7 To use the suction bulb properly:
  - Place the bulb in the palm of your hand.
  - Hold the bulb with the tip between your first and middle fingers.
  - With your thumb, squeeze the bulb and push all the air out.



- Carefully and gently, insert the tip into either the nose or mouth, whichever requires suctioning.
- Slowly release your thumb. As you release your thumb, air reenters the bulb. This will draw the fluids out of the nose or mouth.



- 8 If the fluids are too thick, two to three drops of salt water put in the nose may loosen the fluids making them easier to suction out.
- 9 It is very important to get the clogs cleared from your baby's airway. Allow time for your baby to recover and breathe in between suctioning.

### **Are there any complications from suctioning?**

- If your infant's nose is suctioned too often, it may cause the inside of the nose to dry out, become irritated, and bleed. Try to limit suctioning to two to three times per day.
- When suctioning the mouth, if the bulb is placed in the middle of the mouth instead of to the side, the child may gag and vomit.

### **Can I reuse the suction bulb?**

Use a new suction bulb for each illness. When your child is better, throw the suction bulb away.

Use one suction bulb per child. Do not share suction bulbs between your children.