

Nebulizer — *Training and Safety Guidelines*

For Your Safety

Following these safety guidelines will help reduce possible risks. Refer to the manufacturer website if you would like further information about your equipment.

- Carefully use the medicine as directed by your healthcare provider.
- Always unplug the device immediately after using.
- To reduce the risk of electrical shock, do not place the compressor in or near liquids.
- Keep it clean. Make sure to wash your hands well and often and clean your nebulizer as directed.

What is a nebulizer?

A nebulizer is a device used to administer medication directly to the airways. It changes liquid medicine into fine droplets that are inhaled through a mouthpiece or mask. It is powered by a compressed air machine that plugs into an electrical outlet.



How to use your nebulizer

Prepare

- Place the compressor on a stable surface.
For your safety: Do not place the compressor in or near liquids. This could cause electrical shock.
- Make sure the power switch is in the “off” position.
- Plug the power cord into a working wall outlet.
- Wash your hands well.

Connect the parts and add the medicine

- Connect one end of the nebulizer tubing to the compressor air outlet connector.
- Add the prescribed medicine to the nebulizer.
For your safety: Be sure to use the medicine as directed by your healthcare provider.
- Attach the tubing to the nebulizer air inlet connector.

Run the nebulizer

- Press the power switch to start the compressor.
- Begin treatment by holding the nebulizer to your mouth.
- Breathe normally.
- Treatment time will vary depending on the prescribed medicine.

Always unplug the nebulizer immediately after using.

See how to clean your nebulizer on the back of this page.

How to clean your nebulizer

Regular and proper cleaning will reduce the risk of infection. It will also make your nebulizer last longer.

Clean the compressor daily. Wipe the compressor with a damp cloth.

If you have a disposable nebulizer, use it only one time and throw it away.

If you have a reusable nebulizer, clean it after each treatment.

- **Dry and disconnect the tubing**

- **If there is any moisture in the tubing,** let the compressor run with only the tubing attached for 2 to 3 minutes. The warm air from the compressor will dry out the tubing. Use a clean damp cloth to wipe the outside of the tubing.
- **Disconnect the tubing** from the air intake on the bottom of the nebulizer cup.

- **Clean the other nebulizer parts**

- **Rinse** the reusable nebulizer parts thoroughly with warm water and shake out water.
- **Air dry or hand dry** nebulizer parts on a clean, lint-free cloth.

- **Put the nebulizer back together** when the parts are dry.
- You can also wash all parts of the reusable nebulizer on the top shelf of a dishwasher.
- **DO NOT WASH THE TUBING.**

- **Disinfect the nebulizer.** To reduce the risk of infection, regularly disinfect the nebulizer between treatments.

- Mix a solution of 1 part distilled white vinegar and 3 parts hot tap water.
- Soak the parts in this mixture 1 hour.
- Rinse with warm tap water and allow to air dry.

For detailed instructions, see the manufacturer's instruction guide that came with your nebulizer.

- Contact Intermountain Homecare and Hospice to replace your reusable nebulizer cup every 6 months.



Call Intermountain Homecare & Hospice if...

You have any problems with your nebulizer.