

# Nasal Suction Therapy at Home

## Training and Safety Guidelines

### For your safety

Following these guidelines will help reduce potential risks. See the manufacturer website for more information about your equipment.

- Plug the three-prong power cord only into outlets that are properly grounded. An electrician can show you the grounded outlets in your home.
- Place the machine on a hard, flat surface.
- Clean all equipment regularly.
- Check filters regularly.
- Wash hands regularly.

### How to use the suction machine

#### Setup

- 1 Place the suction machine on a stable surface and plug it in.
- 2 Ensure the canister is attached properly to the unit as shown above.
- 3 Connect the tubing to the outlet port on the lid of the collection bottle.
- 4 Attach the suction device to the other end of the tubing.

#### Therapy

- 1 Wash your hands.
- 2 Turn on the machine.
- 3 Turn the pressure adjustment knob to the setting directed by your healthcare provider.
- 4 Gently insert the catheter into each nostril and suction for no more than 10 seconds.
- 5 After each nostril, suction water through the catheter until the catheter and tubing are clear.
- 6 Turn off the machine.
- 7 Wash your hands.



Scan the code or visit the link below to watch a video.

<https://app.shoreline.health/s/LhGtgY38n62Z>



## Clean Regularly

Follow these guidelines to keep your suction equipment clean and help prevent infection.

### Daily

Empty the collection bottle at least once each day — flush fluids down the toilet. Wash the bottle, lid, tubing, and catheter in warm soapy water and rinse well. Allow to air dry.

### Weekly

- Wipe the outside of the machine with a damp cloth.
- After washing the suction bottle, lid, tubing, and catheter with soap and water, soak them in a water and vinegar solution (3 parts water to 1 part vinegar) for at least 20 minutes. Rinse well and air dry.

### Every Few Weeks

- Regularly check the filters and replace them as needed, at least monthly.
- Replace tubing at least monthly or when it can no longer be cleared adequately.
- Replace catheters at least monthly.

## Follow common troubleshooting tips

If your suction machine is not working, check these things:

- Is the machine plugged in?
- Is the power switch turned on?
- Does the wall outlet the machine is plugged into have power?
- Is the collection bottle full?
- Is the tubing securely fastened?
- Is the collection bottle top securely fastened?

**Call Intermountain Homecare & Hospice if...**  
**You experience any problems with your equipment.**

### Notes

Content created and approved by Intermountain Homecare & Hospice