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.

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**Call Intermountain Homecare & Hospice if...**

You have any problems with your nebulizer.