Mountaineer
Home Medical

Nebulizer

A nebulizer is a medical device that turns liquid respiratory medication into a mist. This mist is inhaled into the lungs through a mouthpiece or a mask.

Using a Nebulizer

1. Wash hands
2. Put together the nebulizer pieces.
3. Put the amount of medicine prescribed into the nebulizer cup.
4. If using a mouthpiece: With your mouth form a tight seal around the mouthpiece.
   If using a mask: Place the mask over your face covering your nose and mouth.
5. Turn on the nebulizer. At this time, you will see a mist.
6. Breathe normally. About every 5 breaths, take a slow, deep breath.
7. When the mist stops the treatment is over and you can turn the machine off. Depending on the amount of medication, treatment can take 15 to 20 minutes.

Cleaning a Nebulizer

Rinse the nebulizer cup with water after every use. Shake off excess water and lay it out to dry. Make sure it dries completely before storing it.

The nebulizer cup and tubing are disposable. Change this disposable equipment every 1-2 weeks.

The filter in the nebulizer should be checked weekly and changed when dirty or at least monthly.

The nebulizer machine can be cleaned with a clean, dry cloth.

What to do if there is little to no aerosol produced?

There might not be enough medication in the nebulizer cup. Medicine should be between 2 to 8 ml.

Air hose could be kinked.

Filters may need to be replaced.

Make sure you are holding the nebulizer upright.

Important Information

Take medicine as prescribed.

If using an inhaled corticosteroid, rinse mouth with water once finished with treatment.

Do not share your nebulizer with another person.

It is normal to have medicine leftover in the cup. Once you hear a significant sound difference or the mist has stopped, you may stop your treatment. Dispose of the leftover medication.