

**TREAT.  
CONTROL.  
BREATHE.** 

## Guide to Nebulizing

Here are some instructions to follow when treating your little one. You'll also find information about how to use and properly care for your child's nebulizer.

Be sure to share this information with your child's caregiver too. Let's begin.

### What is a nebulizer?

A nebulizer is a device that turns liquid medicine into a fine mist.<sup>1</sup> It helps your child inhale his or her medicine through the mask or mouthpiece and into the lungs. Getting your child to use the nebulizer may take some work, but the best part is that your child only needs to breathe naturally.<sup>2,3</sup>

### Tips to make nebulizing easier for your child and for you.<sup>4</sup>

- Let your toddler sit on your lap, and make it your special time together
- Bring out toys that are only used during nebulizing
- Make nebulizing time family time — an older child can read a story or play a game so nebulizing doesn't seem so unusual
- Sing to your child or watch a short DVD or video together
- Before using the nebulizer for the first time, while the nebulizer is not connected and properly cleaned, let your child play with the mask or mouthpiece to become familiar and comfortable
- Have a favorite stuffed toy or doll wear the mask or mouthpiece first, and then place it on your child. Make the moment more special by giving the nebulizer a fun name - Make sure the stuffed toy or doll is properly cleaned to avoid any contamination
- Let your child mark the calendar after nebulizing
- Use the nebulizer at the same time each day so that your child knows what to expect
- Try nebulizing as part of your morning routine between eating breakfast and brushing your child's teeth



## Using the nebulizer<sup>5</sup>



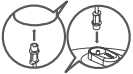
Wash your hands well.



Connect the hose to the machine.



Fill the medicine cup with your child's prescription, follow your doctor's instructions. To avoid spills, close the medicine cup tightly.



Connect the medicine container to the machine using the tubing, then connect the mask or mouthpiece to the top of the container.



Place the mask on your child's face and make sure it's attached properly so that all the medicine goes into the lungs.



Your child should breathe in and out slowly through his mouth until all the medicine is gone. This usually takes 10 to 15 minutes.



Turn off the machine when done.



Wash the medicine cup and mask with water and air dry until your next treatment.



Take the time to keep your nebulizer clean so that it continues to work properly.

**Important:** Children should rinse their mouth and wash their face after inhalation.

Don't forget to read your nebulizer manufacturer's instructions as equipment may differ.

# Cleaning your Child's Nebulizer<sup>1-5</sup>

Regular care of the nebulizer system is very important. To maintain the proper operation of your nebulizer system, it is recommended that you clean and store it according to the manufacturer's instructions. It is important to note that different nebulizer systems may require different cleaning procedures. In general, here are the main quick steps:



## You must clean the nebulizer and its pieces after each use:<sup>1-5</sup>



Wash the container and mouthpiece or mask with dish soap and hot water.



Shake off the excess water and let the parts air dry.



Make sure all pieces are completely dry before storing them away.

## You also must disinfect every other day after treatment:<sup>1-5</sup>



Boil the nebulizer parts for approximately 10 minutes, except for PVC parts (some masks and tubes). For PVC parts, alternatively, use commercially available disinfectant.<sup>2</sup>



Rinse the parts, shake off excess water, and let them air dry.



When you are finished cleaning the nebulizer parts, you can attach the nebulizer pieces to the machine, turn it on to dry the nebulizer quickly.



Make sure all pieces are completely dry before storing them away.



**References:** 1. National Asthma Education and Prevention Program. (2014). National Heart, Lung, and Blood Institute. Available at: [https://www.nhlbi.nih.gov/files/docs/public/lung/asthma\\_tipsheets.pdf](https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_tipsheets.pdf) 2. Welch MJ, Clin Pediatr (Phila). 2008;47(8):744-5 3. Welch MJ et al., Ped Allergy Immun Pulmo. 2010;23(2):113-20 4. Healthline. 2020. Nebulizers For Babies: How They Work. [online] Available at: <<https://www.healthline.com/health/nebulizer-for-baby>> 5. OMRON · HEALTHCARE. 2020. Customer Support - Nebulizers - FAQ. What parts of the nebulizer should I clean and how often? [online] Available at: <https://www.omron-healthcare.com/eu/customer-support?cgid=nebuliser>

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