

# How To Use a Nebulizer

As a childcare provider, you play an important role in maintaining the health of a child with asthma. One of the responsibilities that you may have is to use a nebulizer unit in the event of an asthma attack or for daily preventative medicine. A nebulizer unit includes a small compressor machine that turns liquid medication into a mist that is easily inhaled into the lungs. Nebulizers and compressor machines come in many shapes and sizes. Ask the parent/guardian and/or a health care provider to demonstrate how to use the unit, and read the instructions carefully.

## In General, to Use a Nebulizer Unit:

### **PREPARE THE NEBULIZER**

1. Place the compressor machine on a sturdy surface. Open the storage compartment (if there is one). Wash your hands.
2. Assemble the nebulizer cup. Connect one end of the tubing to the cup and the other end to the machine.
3. Put the correct dose of the medicine into the cup. (Review the child's medication plan for the correct dose and check the expiration date on the medication.)
4. Attach the mouthpiece / mask to the cup.
5. Turn on the machine. A mist should come out.

### **ADMINISTER THE MEDICATION**

1. \* If the child uses a **Mask**: Gently place the mask over the child's nose and mouth. The mask should fit snugly over the nose and mouth.  
\* If the child uses a **Mouthpiece**: Place the mouthpiece between the child's teeth. Ask the child to close his/her lips around the mouthpiece.
2. Encourage the child to breathe in and out normally.
3. The treatment takes 10 to 15 minutes. When all of the medication has been dispensed, the sound of the nebulizer unit will change from a humming to a sputtering noise. Check the nebulizer cup. When the medicine is gone, turn off the machine and disconnect the tubing.
4. Have the child rinse out his/her mouth with water.
5. Clean the nebulizer after each use to ensure that it works correctly. (Please see below)

### **CLEAN THE NEBULIZER UNIT**

1. Shake the excess moisture out of the tubing after every use. Run the machine for a few minutes while connected only to the tubing to remove any excess moisture. Do not soak the tubing.
2. Follow the more detailed cleaning instructions that are included with the nebulizer and clean it after each use. In most cases, you will need to simply soak the parts in warm, soapy water, rinse, and let them air dry. Once dry, store in a clean zip-lock bag.
3. Check the machine filter every month and replace it if necessary.
4. Store the machine in a plastic bag or a closed container to reduce its exposure to dust.



*Compressor and Nebulizer with mask*