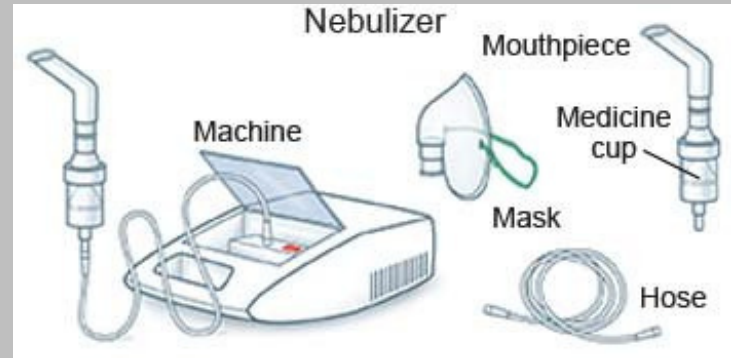


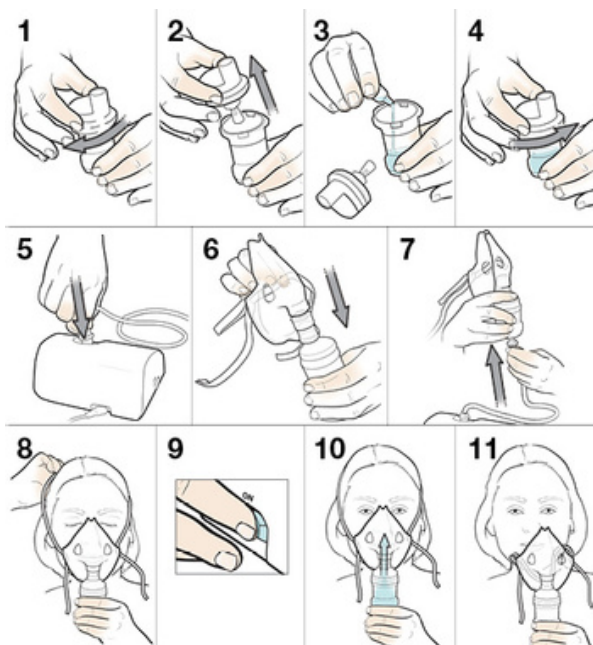
How to Use a Nebulized Mist Treatment (NMT) Nebulizer

Some medications for asthma and COPD are taken by using nebulized mist treatments (NMTs) through a nebulizer machine. A nebulizer changes liquid medicine into a fine mist that you breathe into your lungs. Most nebulizers work by using an air compressor that forces air through tubing connected to the nebulizer cup where the medicine is placed. You can use the nebulizer with a mouthpiece or mask.



How to Use a Nebulizer:

1. Wash and dry your hands
2. Connect the tubing (hose) to your air compressor
3. Open the nebulizer cup and fill the medicine cup with your medicine. Close the top of the medicine cup tightly and always hold the cup straight up and down.
4. Keep the cup upright and attach it to the tubing and the mouthpiece or mask.
5. Check that the tubing is attached to the air compressor and turn the compressor on.
6. Put the mouthpiece in your mouth, not blocking it with your tongue, or place the mask over your/your child's nose and mouth.
7. Relax and breathe in and out slowly through your mouth. Continue until there is no more mist. The treatment will last about 10 to 15 minutes.



After the Treatment:

1. Remove the mouthpiece from your/your child's mouth or the mask off your/your child's face.
2. Disconnect the cup from the tubing and mouthpiece or mask. Set the tubing aside until the next treatment.
3. If you are doing multiple treatments in one day:
 - a. Open the nebulizer cup and rinse the cup parts and the mouthpiece or mask under warm running water.
 - b. Shake off the excess water and place the parts on clean paper towels to air dry.
 - c. Cover the parts with another clean paper towel until your next treatment.
4. If you are done doing treatments for the day:
 - a. Open the nebulizer cup and wash the cup parts and the mouthpiece or mask with liquid dishwashing soap and warm water.
 - b. Rinse the parts well with warm water.
 - c. Shake off the excess water and place the parts on clean paper towels to air dry.
 - d. Cover the parts with another clean paper towel until your next treatment.
5. Once a week:
 - a. Soak the pre-washed parts for 30 minutes in a container with one cup white vinegar and 3 cups water.
 - b. Rinse the parts well with warm water.
 - c. Shake off the excess water and place the parts on clean paper towels to air dry.
 - d. Cover the parts with another clean paper towel until your next treatment.

Caring for your Nebulizer

- Clean the outside of the compressor and tubing each week with a disinfectant wipe or damp cloth, or as directed by the manufacturer.
- Never put the compressor or the tubing in water.

Resources

American Lung Association - How to use a nebulizer

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/treating/medication-management-tips/how-to-use-a-nebulizer>

KidsHealth - What Are Nebulizers and Inhalers?

<https://kidshealth.org/en/parents/nebulizer-inhaler.html>



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