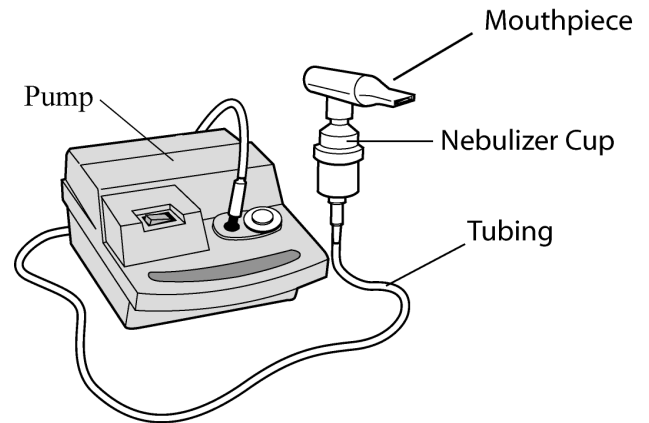


Nebulizer Treatments

You are to receive medicine through a nebulizer treatment. Nebulizer treatments also are called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist. The medicine is able to go more deeply into your airways because of the fine particle size. Most breathing treatments are given to help you breathe easier using medicines called bronchodilators that open the airway passages. Amphotericin B is a medicine to fight fungal infection that is also nebulized. It is given to people after lung transplant surgery.



How often you have the nebulizer treatments will depend on:

- How short of breath you are
- The amount of wheezing you have
- The type of medicine you are to take

How to Take a Treatment

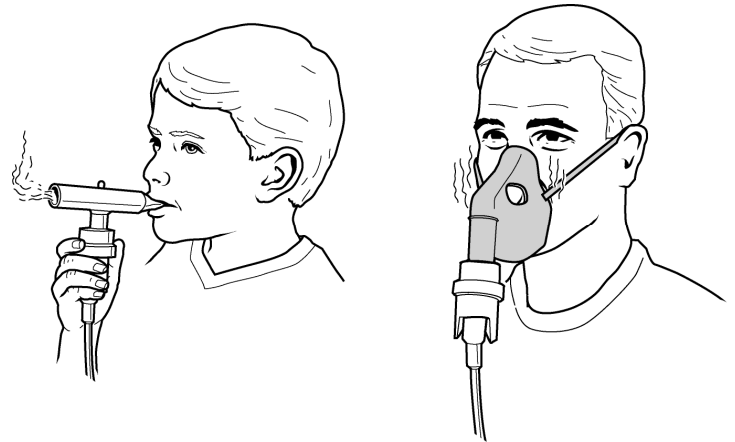
It is best to be sitting for your treatment. The treatment can be done with a mask or mouthpiece based on which works best for you. If using a mouthpiece, place the mouthpiece in your mouth past your

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Learn more about your health care.

teeth. Make a seal around the mouthpiece with your lips. When using a mask, place it over your mouth and nose.

You will see a fine mist when the treatment is started. Relax and breathe normally. Every four to five breaths take a deep breath and hold it a few seconds. Then exhale completely. Continue until no mist is present.



Tap the nebulizer cup at times to ensure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.

Remember to cough and bring up the loose mucus at the end of your treatment.

Treatments in the Hospital

A Respiratory Therapist will give you your breathing treatment as your doctor orders while you are in the hospital. The therapist will use different nebulizers, based on the type of medicine ordered. Some nebulizers break the medicine into even finer particles. The nebulizer that you use for Amphotericin B is different from the nebulizer you will use for Albuterol, as an example. The nebulizer used in the hospital does not require cleaning. It will only be used for your treatment. It is thrown away and replaced every few days, or when it is dirty.

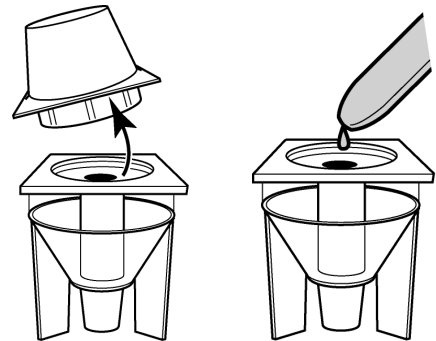
Treatments at Home

Follow these steps to do your treatment at home:

1. Wash your hands with soap and warm water. Rinse and dry your hands.
2. Gather your medicine and the right nebulizer for that medicine.

3. Check your medicine label to be sure it is the right medicine name. Also check that you have the correct dose or strength of medicine your doctor ordered. Look at the expiration date on the label and be sure that your medicine is not out of date. If the date is past, you need to get new medicine.

4. Measure your medicine and put it into the nebulizer cup. Use only the amount of medicine your doctor ordered.



5. Check your pulse before your treatment and write it down.
6. Turn the nebulizer on and breathe in the medicine. It is best to sit down and try to relax while you breathe.
7. Stop the treatment if:
 - ▶ Your pulse rate gets much faster.
 - ▶ You feel light headed, dizzy or shaky.
8. Wait a few minutes and if the symptoms go away, restart the treatment. If the symptoms do not go away, or if they come back when you restart the treatment, call your doctor. You may need to change your medicine or dose.
9. Clean your equipment after each treatment by rinsing the nebulizer cup and mouthpiece or mask under warm running water. Shake off the excess water and place parts on clean paper towels to air dry. Cover the parts with another clean paper towel until your next treatment. You will need to do some more cleaning of your equipment since you will not be able to throw it away and replace it every few day. That is in the next section of this handout.
10. Wash your hands with soap and warm water. Rinse and dry your hands.

Cleaning Your Equipment to Reduce the Risk of Infection

One time each day:

- Wash parts with liquid detergent and warm water. Antibacterial dishwashing liquid detergent is recommended, like Joy®.
- Rinse parts well with warm running water.
- Place parts on paper towels to air dry. Cover with a clean paper towel until your next treatment.

On Monday, Wednesday and Friday

- Mix up a white vinegar solution using 1 part white vinegar and 3 parts water. For example, mix 1 cup of white vinegar with 3 cups of water in a container. **You can store the white vinegar solution in a tightly sealed container in your refrigerator and re-use it for up to one week.**
- Soak the pre-washed parts in white vinegar solution for 30 to 40 minutes. All parts should be completely covered by the solution while soaking.
- Rinse the parts well with warm running water.
- Place the parts on clean paper towels to air dry. Cover lightly with a second clean paper towel until your next treatment.

If you have any questions about your nebulizer treatment, ask your therapist, nurse or doctor.

- ✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**