

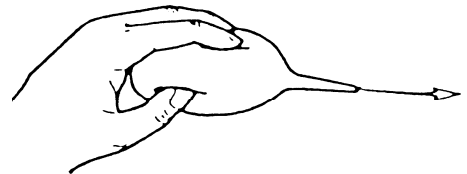
# How to Suction Your Baby's Nose with a Bulb Syringe

Suctioning mucous out of an infant's nose makes it easier for the baby to breathe and to eat. Only use the bulb syringe to suction if you see baby's nose is blocked with mucous or milk and baby is having trouble breathing easily.

## How to Suction

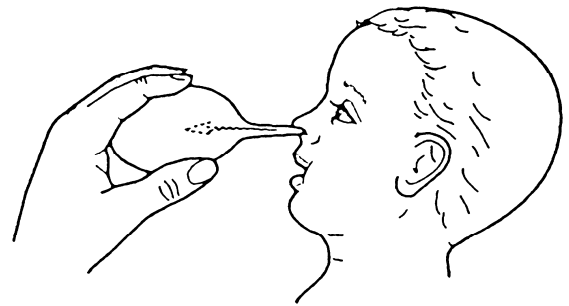
1. Suction baby before feeding. You may cause your baby to vomit if you feed the baby before suctioning. You may want to use infant saline nose drops before you suction to help soften the mucus.

2. Squeeze the air out of the bulb.



3. Gently place the tip of the bulb into a nostril.

4. Let the air come back into the bulb. The suction will pull the mucous out of the nose and into the bulb.

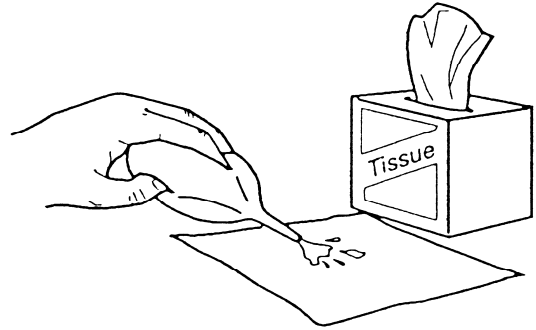


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5. Squeeze mucous out of the bulb into the tissue.

6. Suction the other nostril the same way.



7. Gently wipe off the mucous around the nose with tissues to prevent skin irritation.

### **After Suctioning**

1. Wash the bulb syringe in cool, soapy water.
2. Squeeze the bulb several times to clean out the mucous. Rinse with clear water. Squeeze the bulb several times to expel soapy water, rinse with clear water.
3. If excess mucous persists, call your baby's 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](mailto:health-info@osu.edu).**