

# NORTH RALEIGH PEDIATRIC GROUP, P.A.

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## Using A Home Nebulizer

### Set Up:

- ◆ Wash your hands before setting up the nebulizer.
- ◆ Place the nebulizer on a firm surface, never place on the floor or on a soft surface where the air cannot circulate around it. Plug the nebulizer into an electrical socket.
- ◆ Connect one end of the tubing onto the nozzle of the nebulizer machine. Plug the other onto the end of the medication cup.
- ◆ If using a mask, connect the round opening on the mask to the round opening on the medication cup making sure it is attached securely.
- ◆ Twist open one of the single dose vials of medication. Pour the medication into the medication cup, make sure you do not spill the medication out of the cup when moving to start the treatment.

### Treatment:

- ◆ Turn the machine on, you should see a mist come out of the medication cup or mask if using.
  - ✓ If using a mask, place mask over the nose and mouth, secure on the child's face with the elastic strap. If not snug against the face, medication may be escaping into the air instead of going into your child's lungs.
  - ✓ If using the mouthpiece, place mouthpiece on top of tongue and close lips around mouthpiece.
- ◆ If possible, have your child take deep breaths, inhaling and exhaling slowly.
- ◆ You may have to hold your child securely during this treatment. The first few treatments may be particularly difficult, your child should become accustomed to the mist and mask after a few times. Distraction by reading a book, singing a favorite song or watching a video may help.
- ◆ Never leave your child unattended during a treatment, even if they are tolerant of the mask and machine.
- ◆ The treatment takes about 8 minutes, the machine will start to sputter when the medication is gone, but you will still see moisture in the cup.
- ◆ Shut the machine off..



**GROW WITH US**  
Infants, Children, and Adolescents

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## Cleaning Equipment:

- ◆ Unplug the nebulizer from the electric socket and replace the safety cap on the outlet.
- ◆ After each use, separate the medication cup, wash the two pieces along with the mask in warm soap water. Rinse and let air dry on a clean cloth.
- ◆ Do NOT wash the tubing, if there is water from condensation in the tubing, hang over a door to drain.
- ◆ Once every 3 days the medication cup needs to be sanitized in a solution with one part white vinegar and three parts hot tap water. Separate the parts of the medication cup and let the parts sit in the solution for one hour.
- ◆ Rinse well with fresh tap water, let air dry on a clean cloth. There is no need to sanitize the mask or the tubing.

## Rental Nebulizer Information:

- ◆ Please return all rented nebulizers to the front office staff for rental payment. For our records and yours, we are requesting a signature when the nebulizer is rented and again when it is returned so we know your deposit has been returned to you.
- ◆ Insurance companies usually do not cover equipment rental fees. You may purchase a nebulizer if you would like. Most, but not all, pharmacies require a prescription which your doctor would be happy to provide. Pharmacies should be willing to run your insurance to determine your cost. If expensive, they will usually offer a lower cash price, but will not file this amount toward your insurance and may not count toward your deductible. We have a couple types of nebulizers in the clinic available for purchase if you are interested. Some other places we know where you can purchase a nebulizer are listed below.
  - Greystone Village Pharmacy 919-844-7939
  - Wellness Pharmacy 919-964-5656
  - Healthpark Pharmacy 919-848-7645
  - Falls River Pharmacy 919-844-2055
  - Active Healthcare 919-870-8600

Feel free to call us if you have any questions.

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