



Your doctor has prescribed Aerosol Therapy, also known as Nebulizer Treatments, for you at home. The nebulizer, a small spray-like device, converts the liquid medication to a fine mist, enabling you to inhale it deeply into your airways where it is deposited. The aerosol treatments help you to breathe easier and more effectively by relieving congestion and opening the air passages.

DOCTOR'S ORDER FOR AEROSOL THERAPY

1. Take treatments _____ times per day.

2. For each treatment use _____ of _____

3. Other instructions:

4. General Instructions:

- Keep your medication in the refrigerator.
- Do not use the medication if it becomes discolored or clouded.
- Check the expiration date. Do not use out-of-date medication.
- Discard any excess medication, including saline or water, taken from the bottle but not used. Do not put it back into the bottle. If supplied in a dropper-bottle, medication remaining in the dropper can be returned to the bottle.
- The number and frequency of treatments as well as the medication dosage must be exactly as ordered by your doctor.
- It is important to follow your doctor's orders regarding the time between treatments. Some medications should not be taken closer than three to four hours, while others can be taken as needed. Check with your doctor.
- Keep a spare nebulizer circuit on hand. When you begin to use your spare nebulizer, contact our office for a replacement.

TREATMENT PREPARATION

- Confirm that you have the proper medication and that you know the correct dosage prescribed by your doctor.
- Choose a clean, quiet place where you can sit comfortably and where there is a convenient table or other clean surface on which to place the equipment and medication. A clean paper towel on which to place the nebulizer and medication is recommended. Tissues and a glass of water for use during and after the treatment may also be helpful.
- Plug the compressor into a properly grounded electrical outlet.
- Wash your hands prior to handling the nebulizer and medication.
- Your doctor may instruct you to check your pulse before and after each treatment.

TAKING THE TREATMENT

- Assume a comfortable sitting position.
- Add the prescribed medication to the nebulizer cup, using precisely the prescribed dosage.
- Assemble the nebulizer and mouthpiece or mask. Some units may also have a T-shaped piece as part of this assembly. Attach the assembly to the compressor with the air tubing.
- Turn ON the compressor.
- Take a deep breath and exhale completely.
- Place the mouthpiece in your mouth, between your teeth. Close your mouth and seal your lips around the mouthpiece. If a mask is being used instead of the mouthpiece, place the mask over your mouth and nose and breathe through your mouth.
- Hold the nebulizer in a level, upright position to avoid spilling and to obtain the most effective nebulization of the medication.
- Breathe normally through your mouth. Exhale slowly and completely. Take an occasional deep breath, hold it for a few seconds, then exhale completely. One deep breath for every four times you inhale is usually about right.
- Relax and take your time.
- If while taking your treatment, your pulse rate increases significantly, or you feel dizzy, light headed or shaky, stop the treatment. Restart the treatment when the symptoms disappear. If symptoms persist or reoccur, call your doctor.
- Tap the side of the nebulizer cup periodically to shake droplets of medication that accumulate on the inside back down into the cup.
- Continue the treatment until the nebulizer is no longer producing mist.
- Treatment time will normally range from 10 to 15 minutes and may vary from treatment to treatment.
- Turn OFF the compressor.
- Use a controlled cough to expectorate mucus loosened by the treatment.

CARE AND CLEANING OF THE EQUIPMENT

Immediately after each treatment

- Remove the nebulizer assembly from the air tubing.
- Separate the nebulizer and the mouthpiece or mask. Disassemble the nebulizer.
- Thoroughly rinse all of the above parts under warm, running water.
- Shake off excess water and place the parts on a clean paper towel to air dry. Cover lightly with a second paper towel.
- Make sure all parts are completely dry before being stored or used for another treatment.

Once each day

- Disassemble the nebulizer assembly as previously described. Wash all parts in a solution of mild dishwashing detergent.
- Thoroughly rinse under warm, running water and shake off excess water.
- Soak all parts in white vinegar solution, one cup of white vinegar to three cups of water, for 30 to 40 minutes. All parts must be completely covered by the solution while soaking.
- Thoroughly rinse under warm running water and shake off excess water.
- Place the parts on a clean paper towel to air dry. Cover lightly with a second clean paper towel.
- All parts must be completely dry before being stored or used for another treatment.

NOTE: Unless you are instructed otherwise, the white vinegar solution can be stored in an appropriate covered container in your refrigerator and may be re-used for up to one week.

NOTE: Your doctor may recommend a commercially available disinfectant product instead of the white vinegar solution. If this is the case, carefully follow instructions on the product container for: (1) Mixing Instructions, (2) Soaking Time, (3) Rinsing Requirements, and (4) Solution Storage.

OTHER IMPORTANT INFORMATION

- Do NOT overuse medications. Use precisely the amount prescribed by your doctor.
- To avoid infection or re-infection, adhere strictly to the cleaning procedure for the nebulizer assembly.
- Keep the compressor clean and free of dust. With the compressor unplugged, wipe with a clean, slightly damp cloth as needed. Check the inlet filter and replace it periodically according to instructions.
- Nebulizers should be replaced periodically according to instructions.
- Report any change in your condition to your doctor.