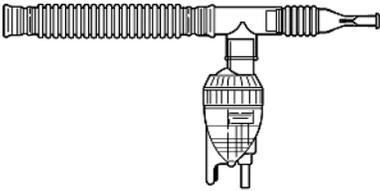




Beckley 304-255-0202

Princeton 304-487-9711

NEBULIZER THERAPY



PURPOSE: Nebulizers are ordered to aid in the treatment of your diagnosed condition. Stationary units are powered by a compressor and plugs into an electrical outlet. These treatments are delivered by turning liquid medication into a mist that can then be easily inhaled.

PRESCRIPTION: Your physician has prescribed the medication to be used with your nebulizer and it will either be in a premixed form called a *unit dose* or you will mix your medication with normal saline. Your physician has also prescribed either a Mouthpiece or a Mask assembly to take your treatments. The number of treatments per day and the volume of medication is a prescription and must always be followed per your physician's orders.

TYPES: Nebulizers may vary in appearance but basically they all perform the same job and contain the same components.

Always wash your hands before beginning a treatment.

USE: When in use, the stationary unit must always be plugged into an approved, grounded electrical outlet. Always abide by and follow your physician's orders for frequency and medication dosage. If *unit dose* medication has been ordered, open the vial and pour into the medicine cup. If your medicine is not premixed, measure your prescribed medication with a clean eye dropper or syringe, then squeeze into the medicine cup, measure the sterile normal saline as you did with your medication and squeeze that into the medicine cup. NEVER use tap water to mix your medication. Attach the lid to the medicine cup, attach the T-piece to the lid and then place the mouthpiece in one end of the T-piece. If using a Mask Assembly, attach the lid to medicine cup then attach the aerosol mask to the lid of medicine cup.

TAKING A TREATMENT: Sit in a comfortable upright position. Turn the compressor to ON. When you see a steady mist, place the mouthpiece between your teeth and inhale through your mouth. If you are using a mask, place the mask on your face and inhale with your mouth open. Take slow, deep breaths holding for a few seconds on each inhalation allowing the medicine to have a maximum effect. Repeat until the medicine is gone. Tap the side of your medicine cup periodically to allow the medication droplets to go to the bottom of the cup and be nebulized. After a treatment, it is good to cough. This helps to expel secretions from the lungs. If you need to cough during your treatment,

turn OFF the compressor to save your medication and resume treatment when coughing stops. When all medication has been inhaled, turn your compressor to OFF. Rinse your mouth with water after each treatment.

Your physician and/or pharmacist may give you special instructions on how to take your nebulizer treatments. The instructions provided by Allay Home Care are general and should not be used in place of those given by your physician/pharmacist.

CLEANING & DISINFECTING: *After each treatment*, you should wash your hands then disassemble the medicine cup and mouthpiece parts or mask. *Rinse under warm water*, shaking off excess water and place on a paper towel to air dry. Cover with another paper towel to keep dust free. There is no need to wash the tubing. *At the end of the day*, wash your medicine cup, mouthpiece parts or mask in *warm soapy water* using a mild detergent, rinse thoroughly and allow to air dry. Place a clean towel over your compressor when not in use to keep dust off. You will need to *disinfect* the medicine cup and mouthpiece parts or mask *1 to 2 times per week*. Follow cleaning instructions, then mix 1 part vinegar to 3 parts warm water and soak for 30 minutes. Rinse well, shake off the excess water and allow to air dry on a paper towel. When dry, store in a sealed storage bag. Disposable supplies should be discarded every 2 weeks and durable or reusable supplies should be replaced every 6 months. Call Allay Home Care when you are in need of additional supplies.

PRECAUTIONS: With some medications, there will be some side effects that are normal to that particular medication. The most frequent side effects are: increased heart rate, a feeling of nervousness or an increased need to cough. Consult your pharmacist on the normal side effects of your particular medication. If you experience anything out of the norm, stop your treatment and consult your physician.

SAFETY: Never clean the compressor by placing it in water or plug the compressor in if it is wet or damp. Never use the compressor with an extension cord or plug the compressor into an outlet that is being used for another major appliance. Never try to repair the compressor yourself.

MAINTENANCE & WARRANTY: Compressors have filters that require periodic changing. Contact Allay Home Care for additional filters. When not in use, cover your compressor with a clean towel to prevent dust from settling. Never place your compressor on the floor for treatment or storage. All compressors come with a manufacturer's warranty. Please contact Allay Home Care if your compressor is not working properly.

