Nebulizer Fact Sheet

The nebulizer is a device used to administer medication in a fine mist, which can be inhaled into the lungs.

Indications

- Treatment for respiratory conditions; such as asthma, COPD, and cystic fibrosis
- Treatment for conditions that require the delivery of bronchodilator medications
- Patients with poor hand or breathing coordination who are unable to perform the metered-dose inhaler (MDI) technique with or without a valved holding chamber

Cleaning Instructions

Follow the manufacturer’s instructions.

If none are available, some general steps include:

After each treatment:
- Wash hands thoroughly
- Disassemble the nebulizer by removing the mask/mouthpiece from the medication cup, open the medication cup, and remove all pieces
- Do not wash the nebulizer tubing
- Rinse the medication cup and mask/mouthpiece under warm water
- Shake off excess water and allow to air dry completely before next use

Every other day with vinegar and water:
- Wash hands thoroughly
- Do not wash the nebulizer tubing
- Disassemble the nebulizer by removing the mask/mouthpiece from the medication cup, open the medication cup, and remove all pieces
- Soak the nebulizer for 1 hour in a solution of 1 part distilled white vinegar and 3 parts hot water
- Remove the nebulizer parts from the vinegar solution and rinse with water. Discard vinegar solution.
- Shake off excess water
- Reassemble the nebulizer
- Attach tubing to the air compressor and turn on the compressor to dry the nebulizer quickly. Allow all parts to air dry completely before next use. Store in clean plastic bag.

References

NEBULIZER TECHNIQUE CHECKLIST

Trained assessor to read to participant: Please show me exactly how you use your nebulizer at home.

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**Patients can also connect the tubing (step 4) before they fill their medication cup (step 2)