



Providing a Nebulizer Treatment

When someone is experiencing breathing difficulty, one of the interventions that the physician may order is a breathing treatment that is delivered using a nebulizer. The nebulizer will be delivered to you and has three parts to it. The first part is the machine itself, which plugs into a power source and is controlled with an on/off switch. The second part is the connector tubing, and the third part is a small cup that attaches to a mouthpiece or a mask.

- Connect the tubing from the mouthpiece or mask to the nebulizer machine.
- Fill the nebulizer cup with one ampule of medication as ordered by your doctor.
- Hold the cup straight up and down to avoid spills then attach the medicine cup to the mouthpiece or mask.
- Turn the machine on. You should see a visible mist.
- Assist your loved one to place the mouthpiece in their mouth, directing them to keep their lips firmly around the mouthpiece as they breathe normally through their nose to allow all of the medication to go into their lungs.
- If they are using a mask, secure the mask over their face and direct them to breathe deeply throughout the administration of the nebulizer treatment.
- The treatment may last 10-15 minutes. You will know that the treatment has completed when there is no vapor/mist output from the mask or the mouthpiece.
- When the treatment has completed, turn off the machine.
- Encourage your loved one to cough up any loosened secretions if they are able.
- Wash the medicine cup and mouthpiece or mask with water, place onto a clean towel, and allow to air dry.
- Encourage the patient to wash their mouth out with water.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.