

Patient Name \_\_\_\_\_  
Instructor \_\_\_\_\_  
Phone # \_\_\_\_\_

## PATIENT NEBULIZER INSTRUCTIONS

The medication your doctor has prescribed is: \_\_\_\_\_ with  
\_\_\_\_\_ ; and he/she wants you to take it

\_\_\_\_\_ If your doctor will allow, take your treatments before meals. Your treatment will not be as effective if taken when your stomach is full. A full stomach pushes up against your lungs and doesn't allow you to breathe as deeply.

This medication is in liquid form and has to be turned into a mist so that it can effectively go into your lungs. This method is called aerosol therapy. It involves the use of a portable air compressor and the plastic disposable nebulizer units you receive from  
\_\_\_\_\_

This therapy has been prescribed by your doctor and is safe when used as directed. Using this therapy will give you the maximum relief from bronchospasms and thus allow you to breathe easier.

### Operations and Maintenance

1. With power turned "OFF", plug the power cord into an electrical outlet which is grounded.
2. Assemble nebulizer, add medications, and connect the tubing to the compressor air outlet.
3. Switch the unit "ON" - breathe slowly and deeply, holding the mist in your lungs for a few seconds before exhaling fully. Continue this process until the medication is depleted and mist has stopped. It is always best to take your treatment while in a sitting position due to gravity pulling the mist down into your lungs' bases, thus giving you a better treatment.
4. If you feel your heart racing, or you feel very shaky or dizzy, stop the treatment for a few minutes. Frequently, these sensations will go away in a few minutes so you can finish your treatment. If they persist, contact your physician.
5. Switch the compressor "OFF" when the treatment is completed. Disassemble the nebulizer cup and rinse in clear water. Shake the cup and lay it on a paper towel. Cover it with another paper towel to dry until the next treatment. After the last treatment of the day, wash all parts of the nebulizer cup with warm soapy water, rinse in warm water and soak in a solution of 3 parts water for 30 minutes. Then rinse the cup in warm water, shake and place on a paper towel and cover with another paper towel. In the morning assemble the unit and place in sandwich bag for use.
6. In order to optimize the effectiveness of your treatments, you should use a new nebulizer cup every \_\_\_\_\_ days.

**UTILIZATION: Leave completed instructions in patient home for future reference.**

**ROUTING: Document receipt of teaching materials on Form**