

What Are Nebulizers And How To Use Them



Nebulizers

A nebulizer is a way to deliver medications directly to your lungs to help you breathe easier. Nebulizers add moisture to the medicine and produce a mist that you breathe through a mouthpiece. Your hospice nurse or respiratory therapist will show you how to use a nebulizer.

How to Use A Nebulizer

Follow these steps for preparing and giving a nebulizer treatment:

- Wash your hands before preparing your treatment.
- Gather the equipment you will need, including:
 - Nebulizer machine
 - T piece
 - Medication cup
 - Corrugated tubing
 - Mouthpiece
 - Medication (The medication is usually delivered to you in premeasured doses.)
- Unscrew the medication cup. Pour the medication into the bottom of the medication cup.
- Screw the top of the medication cup on.
- Attach the "T" piece to the top of the medication cup.
- Place the mouthpiece on one end of the T piece and the corrugated tubing on the other end of the T piece.
- Attach the long, thin tubing to the machine and the other end to the bottom or side of the medication cup.
- Place yourself in an upright position, by sitting at the head of your bed.
- Turn the machine on.
- Breathe normally until all the medicine in the medication cup is gone. You may need to shake it periodically to get all the medicine nebulized.

Care of the Nebulizer

- Wash the medication cup daily in hot, soapy water and rinse thoroughly
- Replace the T piece, medication cup, and tubing every 2 weeks

Please call your Hospice team anytime for more information or support.