

# How to use and clean your nebulizer

- Wash hands with soap and water.
- Gather all of your supplies:
  - The nebulizer machine
  - The tubing
  - The mouthpiece (or mask) and container that holds the asthma medicine
- Make sure the mouthpiece (or mask) and container are put together and hooked up to the tubing and the machine.
- Open the medicine and put it in the container (put in the amount prescribed by your child's doctor).
- Place the mouthpiece in your child's mouth (or the mask over their mouth and nose) and turn on the machine.
- The nebulizer treatment can take 10 or more minutes to complete but should be done within twenty minutes.
- Once the mist from the nebulizer begins to slow, gently shake the container to make more mist.
- Turn off the nebulizer machine once the container is nearly empty and there is no longer a steady stream of mist. Have your child rinse his or her mouth out with water.
- Clean the nebulizer as directed below:
  - After EACH use, clean the mouthpiece with warm, soapy water, then rinse well. Allow to air dry on a clean cloth or paper towel.
  - DO NOT clean the tubing.
  - One time each week, clean the medicine holder and mouthpiece with 1 ½ cup of white vinegar and about 1/2 cup of warm water.
  - Soak for 30 minutes. Rinse. Shake excess water and air-dry overnight.
  - Store nebulizer in a clean plastic bag.
  - Replace the tubing and mouthpiece every six months.
  - Replace the filter on the nebulizer machine every 30 days or when the machine has been in storage for 3 months or longer. Discuss this with your durable medical equipment (DME) company.

**For more information, call 904.202.5132**  
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