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## Nebulizer Instruction Guide

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway which is helpful for lung disease. The patient and healthcare provider can choose from a variety of delivery systems for inhaling medication. A nebulizer delivery system consists of a nebulizer and a source for compressed air. The air flow to the nebulizer changes the medication solution to a mist. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness.

### Nebulizer Assembly

1. Place the Compressor on a table or other flat stable surface. Be sure you can easily reach the controls when seated. Do not use this device on the floor.
2. With the power switch in the O (OFF) Position, plug the power cord into an appropriate electrical wall outlet.
3. Connect one end of the tubing to the compressor air-outlet connector.
4. Assemble the nebulizer cup and add indicated medication to the nebulizer's cup before use.
5. Attach the other end of the tubing into the air-inlet connector found at the bottom of the nebulizer cup.
6. Turn on the Compressor by pressing the power switch to the I (ON) position and begin treatment.
7. When the treatment is complete, turn off the compressor by pressing the power switch to O (OFF) position and unplug the unit from the electrical outlet.
8. Always unplug this device immediately after use.



Note: The aerosol compressor device has a built-in thermal overload protector. Should the motor overheat, the protector will automatically shut off the motor. Should this happen, turn the switch to O (OFF) position and allow the motor to cool down for approximately 30 minutes. If the motor shutting off persists, you may have an unstable voltage situation.

### If the Nebulizer is not Misting

1. Check all connections.
2. Replace all tubing with brand new tubing. Replace medicine cup if possible as it may be clogged. Replace foam filter if dirty or gray in color.
3. If problem persists, refer to manufacturer's owner manual, or contact your hospice or provider.

### Taking Your Nebulized Treatment

The most important aspect of taking a treatment is the patient's breathing pattern while inhaling the medication mist. It should be slow and deep, all attempts should be made to sit up straight and breathe in deep. A General rule of thumb is to attempt to breathe in so deeply that it feels as though the lungs are completely full of air and inhaling any additional air is impossible. If possible, hold your breath for 1-2 seconds unless directed otherwise by your physician and then slowly exhale through the nebulizer mouthpiece or mask. Repeat this breathing pattern for the entire treatment. Treatment times can last anywhere from 5 to 20 minutes, depending on the amount of medication and the performance of your compressor and nebulizer system. When you cannot see any medication in the nebulizer cup and the nebulizer has stopped producing a mist, the treatment has been completed.

### Nebulizer Cleaning

#### Clean After Every Use:

1. With power switch in the O (OFF) position, unplug power cord from wall outlet.
2. Disconnect tubing from the air-inlet connector and set aside.
3. Disassemble mouthpiece or mask from cap. Open nebulizer by turning cap counterclockwise and remove baffle.
4. Wash all items, except tubing, in a hot water/dishwashing detergent solution. Rinse under hot tap water for 30 seconds to remove detergent residue. Allow to air dry.

#### Disinfect Daily

1. Using a clean container or bowl, soak items in three parts hot water to one part white vinegar for 30 minutes OR use a medical bacterial-germicidal disinfectant. Be sure to follow manufacturer's instructions carefully.
2. With clean hands, remove items from disinfectant solution, rinse under hot tap water, and air dry on a clean paper towel. Store in a zip-lock bag.

Note: Do not towel dry nebulizer parts; this could cause contamination.

