

How to use a Portable Nebuliser

A nebuliser is used by people who are struggling to breathe, have mucus or can't use inhalers. It converts liquid medication into a fine mist that can then be inhaled through a mask or mouthpiece. Following these instructions will help you assist someone to safely use this device.



Before you start

- Check that the equipment, including the cord and plugs, is not damaged in any way.
- Check that the equipment is clean and that there is no dirt or any cracks in the tubing.
- Make sure you understand what medication should be added and remember how to operate the machine.
- If you notice any problems during these steps – contact your nurse as soon as possible.

Using the portable nebuliser

- 1 Put the nebuliser on a hard surface.
- 2 Attach one end of the tubing to the air outlet.
- 3 Draw up the correct dose of medication as directed by the doctor or nurse.
- 4 Remove top from the pre-mixed nebula and squirt directly into the 'nebuliser well'.
Note: to avoid spilling contents, do not hold the nebula too tightly and do not squeeze when twisting off the top.
- 5 Put medication in the lower chamber of the nebuliser and close the lid.
- 6 Take the person's face mask and put it over their nose and mouth. They should then breathe normally.
- 7 Connect the pump to the power switch and switch 'on'.



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Further information

Contact your nurse or health professional if you need further assistance.
www.caresearch.com.au

www.lmrpcc.org.au

When you are finished

It is important to clean the nebuliser after each use as the salt solutions can crystallise or block the outlets, leading to dosage problems in the future.

- 1 Rinse the nebuliser bowl in warm water after every use.
- 2 After rinsing the bowl – don't wipe the bowl dry. Either drip dry, or use the nebuliser to blow dry. To blow dry: connect the tubing to the nebuliser, switch on the nebuliser, then blow air through the tubes for a few seconds.
- 3 Wash the bowl with dishwashing liquid and water once a week.
- 4 The filter needs to be checked daily and cleaned weekly with warm water and squeezed dry.
- 5 The pump must be serviced every 6 to 12 months to make sure it is producing the right pressure.
- 6 The tubing and the mask or mouthpiece must be replaced frequently. Replace the tubing if any dirt is seen in it, or cracks appear.
- 7 Do not keep tubing and bowl in direct sunlight.