

Getting the Most from your Nebulizer Treatments

You are to receive medication through a nebulizer treatment. Nebulizer treatments also are called breathing or aerosol treatments or nebs. A nebulizer changes liquid medication into a fine mist. The medication is able to go more deeply into your airways because of the fine particle size.

- Wash your hands with soap and warm water. Rinse and dry your hands.
- Gather your medicine and the right nebulizer for that medicine.
- Measure the right medication dose as shown on your prescription label or as instructed by your physician.
- Tap the nebulizer cup at times to ensure all the medication is nebulized.
- Continue until no mist is present
- Don't forget to wash, disinfect and air dry your nebs !



Did you know?

You will get more medication by using a mouthpiece. Children should be encouraged to use a mouthpiece as soon as they are old enough to sit still for their RX. Masks are only used for very small children.

- **It is best to be sitting for your treatment**
 - **Sit upright in a chair**
- **Place the mouthpiece past your teeth**
- **Close your mouth and breathe in slowly through your mouth, use nose clips if needed**
- **Every four to five breaths take a slow deep breath and hold it a few seconds (try counting to 6)**
 - **Exhale completely**

Posture is important!
The medication "rains down" in your lungs, just like rain.
If you are sitting up straight it will get further into your lungs!



Medication Reminders:

Check your medicine label to be sure it is the right medicine name. Also check that you have the correct dose or strength of medicine your doctor ordered. Look at the expiration date on the label and be sure that your medicine is not out of date. If the date is past, you need to get new medicine. Use only the amount of medicine your doctor ordered.