

# NEBULIZER

## PATIENT INSTRUCTIONS



**WRIGHT  
FILIPPIS** &

[www.FirstToServe.com](http://www.FirstToServe.com)

## YOUR PRESCRIPTION

Nebulizers are used to turn liquid medication into a mist so that it can be inhaled. Nebulizer therapy uses a prescribed drug. **Never increase your frequency of treatments or volume of medication without the specific approval of your doctor.** Please note that the information provided here is meant to supplement the information provided by your physician, not to replace it. If your doctor changes the frequency of treatment or medication volume, notify Wright & Filippis of this change in your prescription.

## EQUIPMENT/ACCESSORIES

### Description

### Part Number

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## OPERATING YOUR SMALL VOLUME NEBULIZER

Although nebulizer equipment may vary in appearance, most models contain the following components:

- Nebulizer unit** (rear in photo).
- Medicine cup and connector** (middle row, left).
- T-connector** (middle row, center).
- Mouth piece** (middle row, right).
- Tube** (front right).



Check the number of prongs on the plug of your nebulizer compressor. Check the following instructions for the appropriate number of prongs.



### For Two-Prong Plugs:

- Do not use an extension cord with the nebulizer compressor.
- Do not plug the nebulizer into an outlet that has other major appliances plugged into it.



### For Three-Prong Plugs:

Use these instructions **ONLY** if you are sure that your outlet is grounded. **If your outlet is not grounded, or if you are unsure, Wright & Filippis suggests that you contact an electrician.**

**Using an ungrounded outlet could result in a fire hazard or shock.**

- Do not use an extension cord with the nebulizer compressor.
- Do not plug the nebulizer compressor into an outlet that has other major appliances plugged into it.
- If your outlet is not a 3-prong, you may need to use a plug adapter.
- When using a plug adapter, connect the ground screw.



## TAKING YOUR TREATMENT

**Step 1:** Sit in a comfortable position that will allow you to take a deep breath.

**Step 2:** Turn compressor to ON.

**Step 3:** Check for a steady mist. Check to see that the nebulizer is creating a steady mist. If not, recheck tubing attachment points at both the nebulizer and compressor. If nebulizer still does not supply an adequate mist, use your spare nebulizer cup and call the Wright & Filippis respiratory department for a replacement.

**Step 4:** Place mouthpiece between teeth and on top of tongue and inhale through your mouth. If you are using a mask, secure the mask on your face and inhale with your mouth open.



**Step 5:** Breathe normally through your mouth. Your doctor may advise you to periodically inhale slowly and deeply with up to a 5-second breath hold. This will allow the maximum amount of medication to reach your lungs.

**Step 6:** Monitor for side effects. If you experience any of the following, stop your treatment:

- Increase in pulse by 20 beats per minute
- Palpitations (noticeable heart beat)
- Dizziness
- Shakiness
- Nausea
- Chest pain
- Uncontrollable coughing

Rest for 5 to 10 minutes. If the sensation goes away, continue with your treatment, but at a slower pace. If physical problems persist, consult your physician.

**Step 7:** Continue with treatment until medication is gone. Periodically tap the side of your medication cup to cause any residual medication droplets to go to the bottom of the cup where they can be nebulized. If you need to cough or rest during the treatment, turn the compressor off so you can save your medication.

**Step 8:** Store medication as directed when not in use. Follow directions on the medication label and refrigerate if required.

**Step 9:** Ask your pharmacist how long your medication can be used after being opened. There is probably a time limit on the use of your medication. Ask your pharmacist to instruct you on your medication and saline usage time.

### AFTER YOUR TREATMENT

**Step 1:** Turn the compressor OFF.

**Step 2:** If needed, cough several times to loosen and bring up any mucus.

**Step 3:** Clean nebulizer unit. Cleaning and decontamination of respiratory therapy equipment in the home is of major concern. To prevent equipment contamination, a simple but effective cleaning procedure must be carried out on a routine basis. Do all cleaning and disinfecting in a clean environment. Avoid doing it after vacuuming, under an open window, or in dusty, dirty or smoky areas.

<b>COMMON PROBLEMS AND THEIR SOLUTIONS</b>		
Medication is not making a mist	Nebulizer cup is not properly assembled or is not clean	Clean the nebulizer cup and re-assemble
Compressor does not turn on	Unit is not plugged in	Plug in
Medication leaks out of nebulizer cup	Nebulizer cup is cross-threaded	Unscrew cap from nebulizer cup and re-assemble
Compressor unit does not have enough flow	Filter is dirty	Clean and/or replace filter

## CLEANING INSTRUCTIONS

<b>Rinsing</b>	After each treatment, rinse the nebulizer cup and mouth piece under running water, then dry.
<b>Washing</b>	After the last treatment of the day, wash the nebulizer cup and mouthpiece in non-lotion dish detergent and warm water. Rinse well and dry.
<b>Drying</b>	Place the rinsed/cleaned parts on a clean paper towel to dry. Cover with another clean paper towel to keep parts dust-free.
<b>Disinfecting</b>	Daily, after washing parts in detergent, soak them in a solution of 1 part white vinegar and 3 parts water for 20 minutes. Rinse and shake off the excess water (allow water to run for three minutes before rinsing). Dry as above. When thoroughly dry, store in a clean plastic bag until ready for use.
<b>Filter Care</b>	Monthly, pull out the filter cap and check filter. Replace when dirty, or every six months.





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