



## How to Use a Small Volume Nebulizer

### What to do:

1. Wash your hands.
2. Carefully measure the medicine, take the top off of the nebulizer cup, pour in the medicine, and replace the top of the nebulizer cup.
3. Attach the tubing to the nebulizer cup. Attach the other end of the tubing to the SVN machine.
4. Turn the machine on. It is best to sit as upright as possible and take slow deep breaths to get the medicine deep into your lungs. Be careful not to breathe too fast as you might get dizzy.
5. Most of the medicine will be given in 8-10 minutes. To get the most out of the treatment, you may tap the side of the nebulizer cup to move the medicine to the bottom.
6. When the mist starts disappearing from the nebulizer cup the treatment is almost done. When there is no mist coming out the treatment is done.
7. After finishing with the treatment, cough to clear any mucus you may have loosened.
8. After the treatment is finished, take apart the nebulizer cup and shake the excess medicine out of the cup. There will always be a little medicine left in the nebulizer cup.
9. Place the nebulizer cup on a clean towel to air dry and then place it in a zip lock bag (after completely dry) to stay clean.
10. If your nebulizer cup is a non disposable model it can be cleaned by placing it in the top shelf of the dishwasher in a basket. If in doubt call us to determine which model you have to avoid melting the disposable model in the dishwasher.
11. Some of the medicines start working right away but do not reach their peak effect until about an hour. It is normal to have mucus loosen to be coughed out 1-2 hours after your treatment.
12. Always follow your doctor's recommendations as to how often to take your treatments.

## **Cleaning Instructions**

### **Every Day:**

1. Take apart the tubing from the nebulizer cup and SVN machine.
2. Wash the nebulizer cup in hot soapy water and rinse thoroughly and let air dry overnight.
3. Store the nebulizer cup in a plastic bag or container.

### **Every Week:**

1. Soak the nebulizer cup in a bowl of 70% Isopropyl Alcohol for 5 minutes if you wish to disinfect the nebulizer cup. *This solution is only good for one time.*
2. Rinse **thoroughly** with Hot water and let air dry overnight.

This process will disinfect the nebulizer cup. Be sure not to leave it in the mixture any longer than 5 minutes or this will shorten the life of the nebulizer cup. Replace filter when dirty or brown. If you have a NON DISPOSEABLE Nebulizer like a PARI NEB CUP it can be put in the top shelf of the dishwasher to be sterilized.

**If you have any questions or concerns call the Valley Respiratory main number at 480-830-7700. If your doctor has given you specific cleaning instructions, be sure to follow those. If you have any trouble breathing or if you are experiencing shortness of breath, call your doctor right away.**