

Nebulizer Treatments

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.

- ▶ If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
- ▶ When using a mask, place it over your mouth and nose.



- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized.
- The treatment will last about 10 to 20 minutes.
- Take a couple deep breaths and cough at the end of your treatment to bring up any loose mucus. Spit the mucus into a tissue and throw the tissue into the trash. Wash your hands.

喷雾器治疗

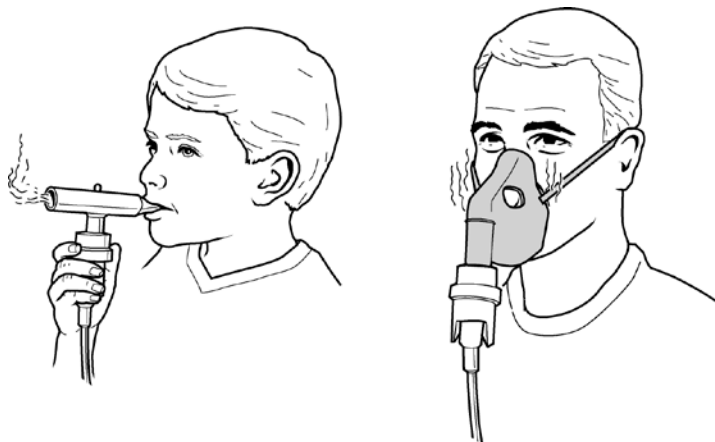
某些药物需要通过喷雾器使用。喷雾器治疗也称作呼吸治疗、气雾剂治疗或雾化器治疗。喷雾器将液体药剂转化为细小的烟雾，从而更深入地进入肺部的气道。

您使用喷雾器治疗的频率取决于：

- 您服用药物的类型
- 您呼吸的短促程度或喘息量

采取治疗

- 可使用面罩或管嘴接受治疗，具体使用最适用于您的方法。
 - ▶ 如果使用管嘴，将管嘴穿过牙齿放置在口腔内。用嘴唇密封管嘴周围。
 - ▶ 如果使用面罩，将面罩放在嘴巴和鼻子上。
- 开始治疗之前，检查您的脉搏并记录下来。
- 开始治疗后，您将看到一股细水雾。坐下，放松并正常呼吸。
- 每呼吸四到五次后，深深吸入一口气，然后憋气几秒钟。然后呼气或完全呼出。
- 每隔几分钟轻叩喷雾器杯，以便确保所有药物均雾化。治疗将持续 10 至 20 分钟。
- 进行两次深呼吸，在治疗最后咳嗽出粘液。将粘液吐在餐巾纸上，并扔进垃圾箱。洗净双手。



Stop the treatment if:

- You feel light headed, dizzy or shaky.
- Your pulse rate gets much faster.

Wait a few minutes and if the symptoms go away, restart the treatment. If the symptoms do not go away, or if they come back when you restart the treatment, call your doctor. You may need to change your medicine or dose.

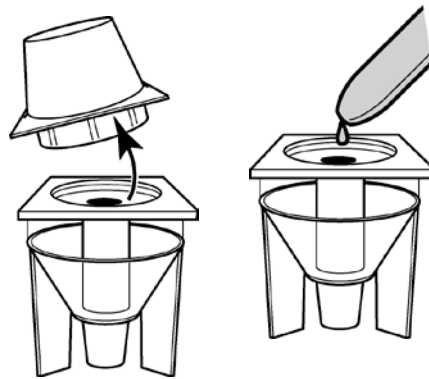
How to Prepare Your Medicine

Follow these steps to get your medicine ready to do the nebulizer treatment:

1. Wash your hands with soap and warm water. Rinse and dry your hands.
2. Gather your medicine and the nebulizer cup.
3. Check your medicine label to be sure it is the right medicine. 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.

4. Open the nebulizer cup.
5. Measure your medicine and put it into the nebulizer cup. Use only the amount of medicine your doctor ordered.



如果发生以下情况，需停止治疗：

- 感到头晕或虚弱。
- 脉搏加快。

等待几分钟，如果症状消退，可重新进行治疗。如果症状没有消退，或在重新开始治疗后又再次出现这些症状，请致电医生。您可能需要换用其他药物或改变剂量。

如何准备药物

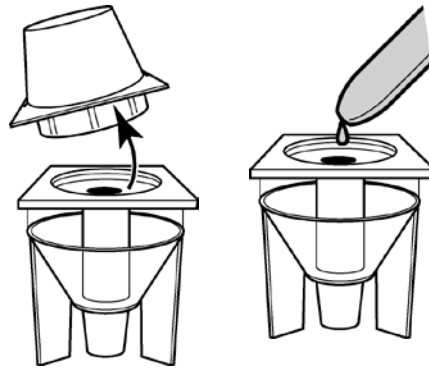
按照这些步骤准备用于喷雾器治疗的药物：

1. 用肥皂和温水洗手。冲洗干净并擦干双手。
2. 将您的药物和喷雾器杯放在一起。
3. 检查药物标签，确定这是您要使用的药物。另外请检查剂量和浓度是否与医生开具的药方一致。

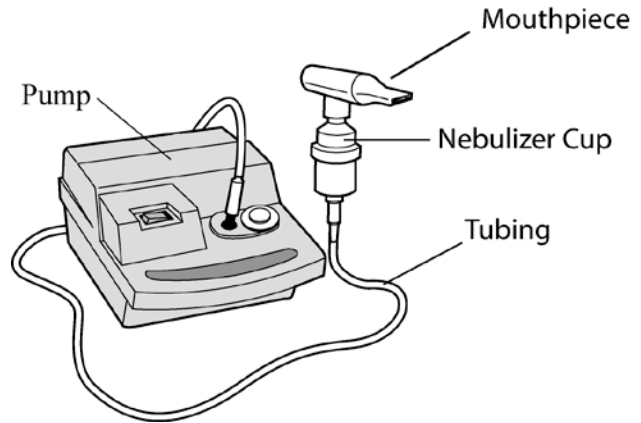
观察标签上的到期日期，确保您的药物未过期。如果已过期，您需要更换新药。

4. 打开喷雾器杯。

5. 取正确剂量的药物，倒进喷雾器杯。仅使用医生开具的药物剂量。



6. Close the cup.
7. Keep the cup upright and attach it to the tubing and the mouthpiece or mask.
8. Check that the tubing is attached to the pump and turn the nebulizer pump on.
9. Relax and breathe in the medicine.
Continue until there is no more mist.



Clean Your Equipment to Prevent Infections

The nebulizer pump and the tubing should be cleaned as recommended by the manufacturer or your home care equipment provider.

Clean the nebulizer cup and the mouthpiece or mask after each use and as directed below to prevent infections.

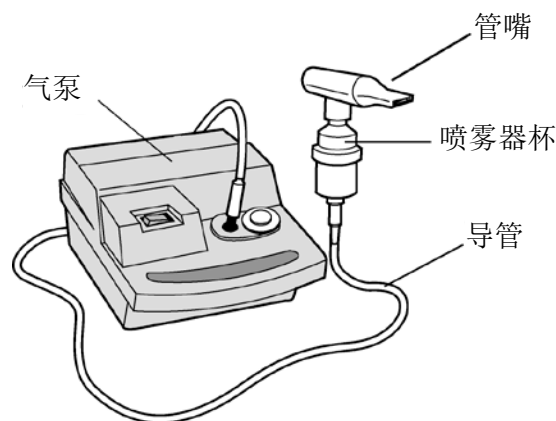
After each treatment

1. Disconnect the cup and mouthpiece or mask from the tubing and from each other.
2. Open the nebulizer cup and rinse the cup parts and the mouthpiece or mask under warm running water.
3. Shake off the excess water and place parts on clean paper towels to air dry.
4. Cover the parts with another clean paper towel until your next treatment.
5. Wash your hands with soap and warm water. Rinse and dry your hands.

One time each day

1. Wash parts with liquid dishwashing detergent and warm water.
2. Rinse parts well with warm running water.
3. Place parts on paper towels to air dry. Cover with a clean paper towel until your next treatment.

6. 合上喷雾器杯。
7. 直立放置喷雾器杯，将其连接至导管和管嘴或面罩。
8. 检查导管是否连接到气泵，打开喷雾器泵。
9. 放松，吸入药物。继续直至没有更多烟雾冒出。



清洗设备以防止感染

按照制造商说明或您的家庭护理人员的指示清洗喷雾器泵和导管。

每次使用过后，请按照以下说明**请清洗喷雾器杯和管嘴或面罩**以防止感染。

每次治疗后

1. 从导管拔下喷雾器杯和管嘴或面罩。
2. 打开喷雾器杯，在温水水龙头下清洗杯体部分和管嘴或面罩。
3. 甩掉多余的水分，将部件放在干净的纸巾上晾干。
4. 用另一张干净的纸巾盖住，以备下一次治疗使用。
5. 用肥皂和温水洗手。冲洗干净并擦干双手。

每天一次

1. 用洗洁精和温水清洗各部分。
2. 然后放在温水水龙头下彻底冲洗各部分。
3. 将它们放在纸巾上晾干。用另一张干净的纸巾盖住，以备下一次治疗使用。

On Monday, Wednesday and Friday

1. Soak the pre-washed parts in white vinegar solution for 30 to 40 minutes. All parts should be completely covered by the solution while soaking.
 - ▶ To make the solution, **mix 1 part white vinegar and 3 parts water**. For example, mix 1 cup of white vinegar with 3 cups of water in a container.
2. Rinse the parts well with warm running water.
3. Place the parts on clean paper towels to air dry. Cover with a second clean paper towel until your next treatment.

Store any extra white vinegar solution in a tightly sealed container in your refrigerator until your next use. **Throw away any vinegar solution left after 7 days.**

Questions

- If you have questions about your nebulizer pump or you need new equipment parts, ask your equipment provider.
- If you have any questions about your medicine or the treatment, ask your therapist, nurse or doctor.

周一、周三和周五

1. 将预先清洗的部件浸泡在白醋溶液中约 30 至 40 分钟。确保所有部件都充分浸没在溶液里。
 - ▶ 制作溶液的方法是，将 **1 份白醋与 3 份水混合**。例如，在容器内倒入 1 杯白醋和 3 杯水。
2. 然后放在温水水龙头下彻底冲洗各部分。
3. 将它们放在纸巾上晾干。用另一张干净的纸巾盖住，以备下一次治疗使用。

将剩余的白醋溶液存放在完全密封的容器内，放置在冰箱里以备下次使用。白醋溶液存放 7 天后应倒掉。

问题

- 如果对喷雾器泵有任何疑问，或您需要新的设备部件，请咨询设备供应商。
- 如果对药物或治疗方法有任何疑问，请咨询治疗师、护士或医生。