

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.

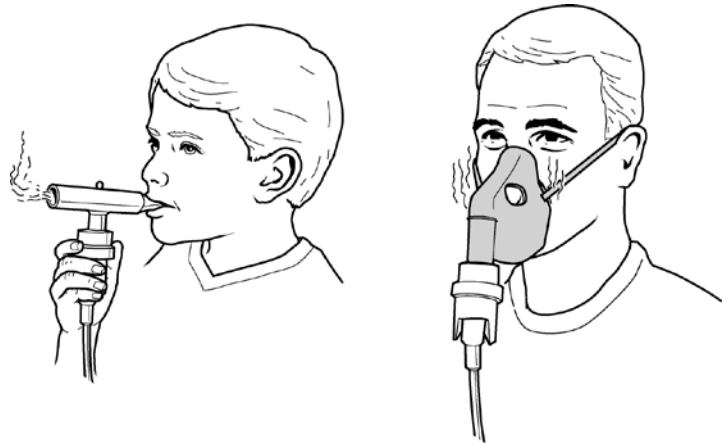
How often you have the nebulizer treatments will depend on:

- 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.

噴霧器治療

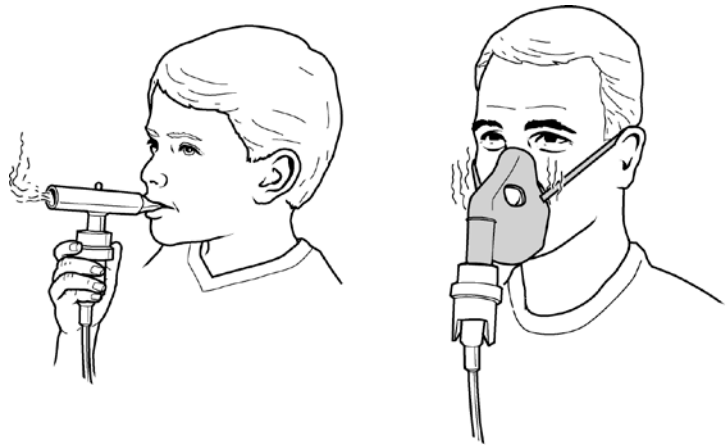
某些藥物需要通過噴霧器使用。噴霧器治療也稱作呼吸治療、氣霧劑治療或霧化器。噴霧器將液體藥劑轉化為細小的菸霧，從而更深入進入肺部的氣道。

您使用噴霧器治療的頻率取決於：

- 您服用的藥物類型
- 您呼吸的短促程度或肺活量

採取治療

- 可使用面罩或管嘴接受治療，具體取決於您的身體條件。
 - ▶ 如使用管嘴，將管嘴放在口腔內，需穿過牙齒。用嘴唇密封管嘴周圍。
 - ▶ 如使用面罩，將面罩放在嘴巴和鼻子上。
- 開始治療之前，先檢查您的脈搏並記錄下來。
- 開始治療後，您將看到股菸霧。坐下，放鬆並正常呼吸。
- 每呼吸四到五次後，深深吸入一口氣，然後憋氣幾秒鐘。然後呼氣或完全吐出。
- 每隔幾分鐘輕叩噴霧器杯，以確保所有藥物均能被霧化。治療將持續 10 至 20 分鐘。



- 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.

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.

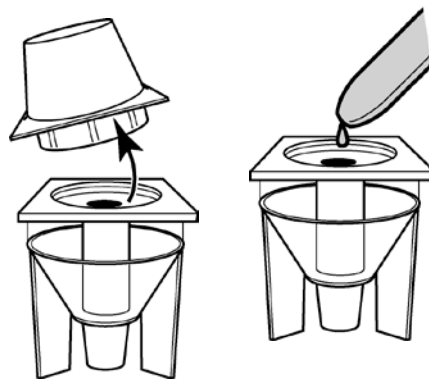
How to Prepare Your Medicine

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.



- 進行兩次深呼吸，在治療最後咳嗽兩下，帶出粘液。將粘液吐在餐巾紙上，並扔進垃圾箱。洗手。

如發生下列情況，應停止治療：

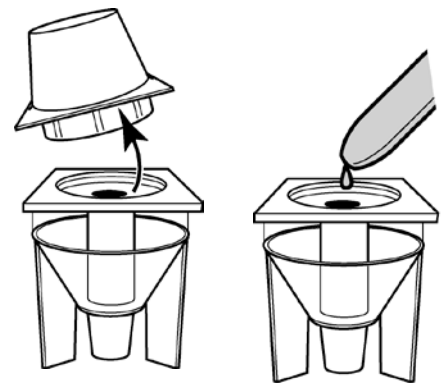
- 感到頭昏、眩暈或搖晃。
- 脈搏加快。

等待幾分鐘，如果症狀消退，可繼續治療。如果症狀沒有消退，或在重新開始治療後又再次出現這些症狀，請向醫生諮詢。您可能需要換用其他藥物或改變劑量。

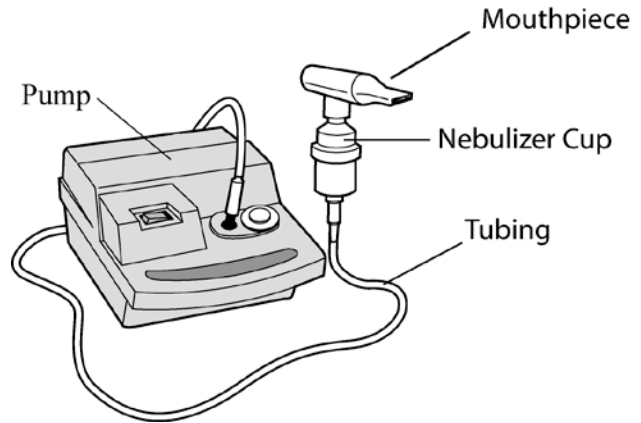
如何準備藥物

按照這些步驟，準備用於噴霧器治療的藥物：

1. 用肥皂和溫水洗手。沖洗乾淨並擦乾雙手。
2. 拿起您的藥物和噴霧器杯。
3. 檢查藥物標籤，確定這是您要使用的藥物。另外請檢查劑量是否正確，或藥劑強度是否為醫生所開具的。觀察標籤上的到期日期，確保您的藥物未過期。如已過期，您需要更換新藥。
4. 打開噴霧器杯。
5. 取正確量的藥物，倒進噴霧器杯。僅使用醫生開具的藥物劑量。



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.

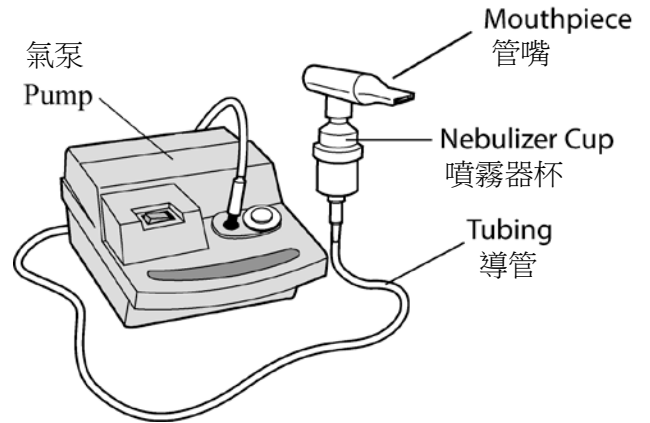
After each treatment

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.

6. 合上噴霧器杯。
7. 直立放置噴霧器杯，安裝導管和管嘴或面罩。
8. 檢查導管是否連接到氣泵，打開噴霧器泵。
9. 放鬆，吸入藥物。繼續，直至有更多菸霧冒出。



清洗設備以防感染

應按照製造商說明或您的家庭護理人員的指示清洗噴霧器泵和導管。

每次使用過後，請按照以下說明清洗噴霧器杯和管嘴或面罩，以防感染。

每次治療後

1. 從導管上拔下噴霧器杯和管嘴或面罩，將其拆除。
2. 打開噴霧器杯，在溫水水龍頭下清洗杯體部分和管嘴或面罩。
3. 抖落多餘的水分，用乾淨的紙巾擦拭，然後晾乾。
4. 用另一張乾淨的紙巾蓋住，直到下一次治療。
5. 用肥皂和溫水洗手。沖洗乾淨並擦乾雙手。

每天一次

1. 用洗潔精和溫水清洗各部分。
2. 然後放在溫水水龍頭下徹底沖洗各部分。

3. Place parts on paper towels to air dry. Cover with a clean paper towel until your next treatment.

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.

3. 將各部分放在紙巾上晾乾。用一張乾淨的紙巾蓋住，直到下一次治療。

週一、週三和週五

1. 將預先清洗的部件浸泡在白醋溶液中約 30 至 40 分鐘。確保各個部件被充分浸泡在溶液中。
 - ▶ 溶液的製作方法是，將 1 份白醋與 3 份水混合。例如，在容器內倒入 1 杯白醋和 3 杯水。
2. 然後放在溫水水龍頭下徹底沖洗各部分。
3. 將各部分放在乾淨的紙巾上晾乾。用另一張乾淨的紙巾蓋住，直到下一次治療。

將剩餘的白醋溶液存放在完全密封的容器內，放置於冰箱中以備下次使用。白醋溶液存放 7 天后應立即扔掉。

問題

- 如果對噴霧器泵有任何疑問，或您需要新的設備部件，請諮詢設備供應商。
- 如果對藥物或治療方法有任何疑問，請諮詢治療師、護士或醫生。