



Looking after your nebuliser (page 1 of 3)

Why do I need a nebuliser?

Nebulised therapy is a way of delivering medicines directly into your lungs. It will be recommended to you by one of the Respiratory Team.

How do I use my nebuliser?

Each nebuliser may work slightly differently, but there are a number of steps to take which are common to each type.

Please wash your hands before starting your treatment.

- place the compressor on a firm surface such as a table, off the floor or carpet.
- connect the compressor to the mains supply.
- using the tubing supplied, connect the nebuliser chamber to the compressor.
- unscrew the two halves of the nebuliser chamber.
- open the medication pod and pour the contents into the bottom half of the nebuliser chamber. Make sure that you have put the entire contents of the medication pod into the chamber.
- screw the two halves of the chamber back together without tilting.
- connect the mouthpiece to the top of the chamber. In certain circumstances you may be supplied with a face mask
- switch on the compressor. A fine mist will be produced for you to breathe in.

How do I 'nebulise'?

You should try and relax as much as possible. Sit comfortably in an upright position and breathe gently.

Treatment is finished when the nebuliser begins to 'spit' or the sound it makes changes. You will notice that there is no solution left in the chamber.

How do I look after the nebuliser?

Your nebuliser is for your use only and should not be shared with other members of your family or with other patients.

It is important to keep your nebuliser clean, dry and in good working order so that it continues to work efficiently and safely.

- after each use disconnect the chamber from the tubing and turn on

Respiratory Nurses
01722 336262 ext 4792 or 4220

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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

the compressor for a short period to remove any moisture from the tubing.

- remove the tubing and the mouthpiece or mask from the chamber.
- unscrew the chamber.
- wash the chamber, mouthpiece or mask in warm water and dry thoroughly with a clean cloth or leave them to drain and dry.
- it is very important that the nebuliser parts are completely dry before putting them back together again.
- we recommended that you change your chamber, tubing and mouthpiece(or mask) every 6 months.

How do I look after my compressor?

- Keep the compressor on a firm surface off the floor or carpet
- Keep the compressor clean by wiping it with a damp cloth once a week
- Once a year the filter will need changing. You will be given a filter and shown how to do this.

What about travelling with my nebuliser?

Most nebuliser and compressor systems can be used away from home and can be plugged into the mains supply when you travel within the UK. Before travelling abroad you should check whether the mains supply in the country you are travelling to is compatible with your system. An adaptor may be needed.

There are a number of portable systems available that operate from a 12-volt DC car cigarette lighter socket or from a battery. Further information is available from the respiratory nurses.

Battery-operated nebulisers can be taken on an aeroplane. Speak to your airline and discuss this before travelling.

Please plan ahead when organising your holiday and ask your doctor for a letter detailing your medical treatment before you go away.

Trouble shooting

Problem	Solution
The compressor does not run.	<ul style="list-style-type: none"> * make sure the mains lead is firmly pushed in. * is it turned on? * contact the respiratory team the compressor might be broken.
The compressor runs but there is no mist coming from the chamber.	<ul style="list-style-type: none"> * check the tubing is connected and is not blocked. * check that the chamber is clean and dry. * check that you have the drug in the chamber. * you may need to replace the chamber.

Further information

Please talk to a member of the respiratory team if you have any questions.

Respiratory Nurses 📞 01722 336262 Ext 4220/4792 (Monday to Friday 9am - 5pm)

Respiratory Technician 📞 01722 336262 Ext 2256 (Monday, Wednesday, Friday 9am - 2pm).