



Your partners
in asthma management

USING A NEBULIZER

A nebulizer turns asthma medicine into a mist, making it easier for your child to breathe the medicine into his or her lungs. If your child uses a nebulizer, the asthma medicine will come in liquid form.

With a nebulizer, medicine goes into the lungs when your child takes slow, deep breaths. The breathing treatment takes about 10 minutes.

Most nebulizers are small, so they are easy to carry. Most nebulizers use air compressors to turn the liquid medicine into a mist.

Basic steps to set up and use a nebulizer

1. Connect the tubing to an air compressor.
2. Fill the medicine cup with the prescription.
3. Attach the tubing and mouthpiece to the medicine cup.
4. Place the mouthpiece in your child's mouth. Be sure your child is breathing through his or her mouth until all the medicine is used. (Most times, this takes about 10 minutes). Small children usually do better if they wear a mask.
5. Wash the medicine cup and mouthpiece with water and air dry until the next treatment.

The treatment is most effective when your child is calm and cooperative. This increases the amount of medication delivered to the lungs.

