

St Helens Integrated Community Respiratory Service

Nebuliser information sheet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

www.blf.org.uk/support-for-you/nebulisers/what-is-it

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Important Advice



All machines have the following features:

- An outlet pipe
- Electrical lead and plug
- On/off switch

You will also be given a nebuliser kit containing:

- One mask (or mouthpiece)
- One pot (acorn)
- One length of tubing

The compressor is the machine that provides the power.
The nebuliser is the chamber into which liquid medicine is placed.

Once a week:

1. Clean the compressor by wiping it with a clean damp cloth weekly or whenever needed, but remember to please switch off and unplug from the wall socket before cleaning.
2. If using a mask or mouthpiece, wash it once a week in warm soapy water for two minutes or leave to soak for ten minutes

Replacement:

Mask & filters should be changed every 3 months

Please contact the team on 0151 430 1553 for replacement mask & filters

The compressor should be serviced following manufacturers guidelines

Breakdown of compressor

Ring 0151 430 1533 if a problem occurs between 8.30am – 7:00pm, available seven days a week.

If a problem occurs over night, use your inhalers as you did before the nebuliser was provided and contact the above number as soon as possible the next morning.

Daily:



1. Wash the acorn by hand in a bowl of liquid dish washing soap and warm water
2. Rinse the thoroughly under running tap water
3. Shake off excess water, place on its side and leave to air dry fully before storing

Some nebulisers are disposable and will require replacing every three months, other nebulisers that are not disposable may require to be boiled, please see manufacturer guidance or speak to your COPD nurse

How to Boil your acorn (if non disposable)




1. Boil the acorn in water for ten minutes
2. Make sure the medication chamber lid is open and there is enough water in the pan to prevent the mouthpiece assembly from touching the bottom or boiling dry

Shake off excess water, place on its side and leave to air dry fully before storing.

To avoid cross infection please do not use anyone else Mask, mouthpiece, acorn or tubing

How to use the machine along with your medication:

- Make sure that you are sitting upright in a comfortable chair and that you will not be interrupted during your treatment.
- Try to relax whilst you are using the machine, to gain the maximum benefit from your medication.
- Stand the machine on a hard surface (e.g. a table). Do not stand your machine on a carpet or soft surface it may clog the motor with dust or carpet fibres
- Plug the mains lead in at the wall socket and attach the adapter to the machine.
- Place one end of the tubing onto the outlet pipe (you may need to push hard to ensure it is fitted correctly).
- Then attach the nebuliser pot (Acorn)  to the other end.
- Your medication will have been prescribed for you and will be in a vial (small plastic tube).
- Twist the top off the plastic vial and squeeze the contents into the main body of the acorn pot.
- Making sure the acorn is secure to prevent any leakage
- Attach the mask or mouthpiece to the acorn securely

If you have been prescribed regular inhalers please discuss them with your pharmacist/ GP or practice nurse

You are now ready to nebulise your medication.


- Switch the machine on; the on/off switch is normally located on the top of the machine (you should have already attached your tubing to the outlet pipe)
- Place the mask over your nose and mouth and the strap behind your head or if using a mouth piece place into your mouth with a good seal around the mouthpiece
- Breathe normally through either your nose or mouth and taking the occasional deep breath in until your treatment is complete.
- Inhale the medication, which will look like a mist coming out of the mask or mouthpiece; until the mist reduces and the acorn should be empty.
- It normally takes approximately 5 to 15 minutes, to complete a dose although this depends on each patient and also the medication you have been prescribed. If it is taking too long, then the chamber may be blocked, need cleaning, need changing or the compressor may require servicing
- When the treatment is coming to an end, the tone of the machine alters and nebuliser sounds like it's spitting and stops steaming/ misting.
- The nebuliser is complete and may be switched off

Once your medication is completely gone, switch off the machine and follow the instruction on the next page.

Care of the nebuliser & compressor

Keeping your compressor and nebuliser clean is really important as germs like wet, moist, warm areas and if the acorn is not clean and dry you may run the risk of contamination and further infection

After every use:

- Pour away any leftover medication from the medication acorn  chamber
- Do not use your nebuliser with left over medication in the acorn chamber
- Separate the acorn from the mask & tubing
- Rinse the thoroughly under running water

Shake off excess water, place on its side and leave to air dry fully before using again