

How to Clean a Nebulizer

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#1055

Name of Child: _____ Date: _____

How to Clean a Nebulizer

(SVN, aerosol system, or breathing machines)

Before you start to clean your equipment, be sure that:

1. Wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands.
2. Clear and clean your work area.
3. Put all the supplies you need out in the work area, so they are ready to use.
4. Put on a clean apron or old shirt over your clothes. If you splash or spill dirty water, this will keep the germs off your clothes.



**Wash your hands
for at least 30 seconds.**

When:

Clean your child's nebulizer after every use, disinfect it at least one time each day.

What you need:

- Soap and water
- Brush
- A disinfectant:
 - bleach (5 cc of 6% bleach in 8 ounces of water) This is a 1:50 dilution.
 - 70% isopropyl alcohol
 - 3% hydrogen peroxide
- Sterile water

What to do:

1. Unscrew the cup or jar that holds the water or medicine.
2. Take apart the tubes, connectors, and mask or mouthpiece.
3. Clean all the parts with soap and water. Scrub them with a brush until all the mucus, phlegm, and material that should not be there is gone.
4. Rinse the parts with water until all the soap is gone.
5. Shake extra water off each of the parts.
6. Clean the germs off (disinfect) the nebulizer with the right fluid. Ask your nurse or doctor what fluid is right.
7. After cleaning, the nebulizer can be disinfected by soaking it in one of the following disinfectants: (Please choose one of the following):
 - yes no household bleach (5 cc of 6% bleach in 8 ounces of water):
soak for 3 minutes
 - yes no 70% isopropyl alcohol: soak for 5 minutes
 - yes no 3% hydrogen peroxide: soak for 30 minutes

yes no Boil in water for 5 minutes.

yes no Or, if microwave safe, microwave for 5 minutes

8. Wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands.

9. Rinse all the disinfectant off the nebulizer with sterile water.

To learn how to make sterile water, ask your nurse or doctor for handout #861.

10. Shake extra water off the nebulizer.

Put the nebulizer parts on a clean surface to air dry.

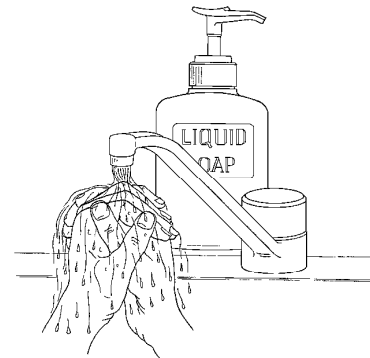
11. Throw out the liquid you used to clean off the germs. Do not use it again.

12. When all the parts are dry, wash your hands with soap and water for at least 30 seconds. Rinse and dry your hands. Put the nebulizer parts back together.

13. Put the clean parts in a plastic bag. Keep them in the bag until you have to use them.

Now that you've read this

Show your nurse or doctor how you clean your child's nebulizer.
(Check when done.)



**Wash your hands
for at least 30 seconds.**



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, June 5, 2009 • DRAFT to family review
#860 • Written by Dina Schlag, RN, Penny Overgaard, RN, and Kathy White, RRT
Illustrated by Dennis Swain



The Emily Center

How to Clean a Nebulizer

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 1055
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!