



Name of Child: _____ Date: _____

Using a Bulb Syringe

Why do babies need suctioning?

Mucus protects the inside of our nose, mouth and gut. It is easier for a baby to breathe and eat when his nose is clear of mucus. An adult can blow his nose when it gets filled with mucus. Babies can't do that yet. So we suction mucus out of a baby's nose for him.

When to suction:

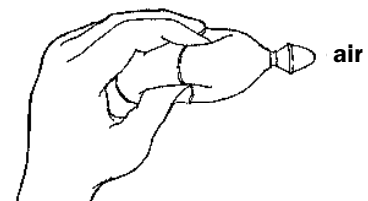
- to clear your baby's nose of mucus before feeding
- to clear your baby's nose of food or milk
- to clear your baby's nose when your baby spits up
- when your baby has a stuffy nose
- after your baby sneezes

What you need:

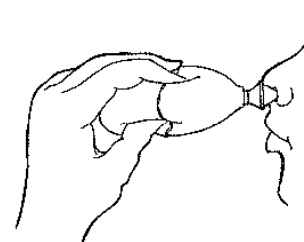
- one bulb syringe for each child
- tissue

How to suction with a bulb syringe:

1. Squeeze the air out of the bulb.
2. While keeping the bulb squeezed, put the tip of the bulb into your baby's nostril.

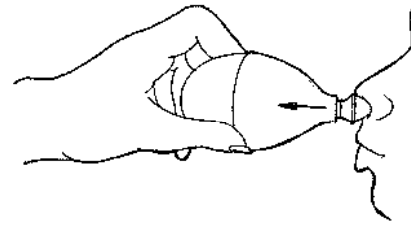


Step 1
Squeeze out air.



Step 2
Put syringe in nostril.

3. Let go of your squeeze and let the air come back into the bulb. The suction will pull the mucus or food out of your baby's nose and into the bulb.



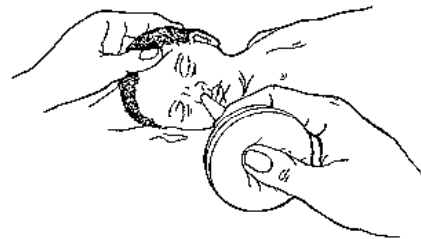
Step 3
Let go of squeeze.

4. Take the bulb syringe out of your baby's nose.

5. Hold the tip of the bulb on the tissue. Squeeze the bulb to clean it out.

6. Repeat this in your baby's other nostril.

7. Throw out the tissue.



Step 6
Repeat this in your baby's other nostril.

How to clean the bulb syringe:

Every day you use the bulb syringe, wash it with hot soapy water. Put the tip of the bulb in the soapy water, and squeeze it several times. Rinse it in clean hot water.

Now that you've read this:

Show your nurse or doctor how you clean out your baby's nose with the bulb syringe. (Check when done.)



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 in Phoenix
602-546-1400
www.phoenixchildrenshospital.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.

#48 • Written by Carol Vecchi, MSN, RN • Illustrated by Dennis Swain
This handout is also available in Spanish as #166/48s