



## Aerosol Therapy

Thank you for choosing DASCO as your aerosol therapy provider. We also wish to provide you with some important information about your aerosol therapy. Aerosol Therapy (also called "Nebulizer Treatments") helps you to breathe easier and more effectively by relieving congestion and opening your air passages. The aerosol machine (also called a "Nebulizer" or "Breathing Machine" or "Compressor") converts the liquid medication into a fine mist. The purpose of converting liquid into a mist is to enable you to inhale the medication deeply into your airways where it is deposited.

### YOUR AEROSOL MEDICATION PRESCRIPTION ...

Aerosol Therapy must be prescribed by your doctor. It is extremely important to follow your doctor's orders regarding the time between treatments. Please note, some medications should not be taken closer than 3 -- 4 hours while others can be taken as needed. The number and frequency of treatments as well as the medication dosage must be exactly as ordered by your doctor.

#### YOUR PHYSICIAN HAS PRESCRIBED (CHECK ALL THAT APPLY) ...

- ALBUTEROL \_\_\_\_\_ TIMES PER DAY OR EVERY \_\_\_\_\_ HOURS
- IPRATROPIUM \_\_\_\_\_ TIMES PER DAY OR EVERY \_\_\_\_\_ HOURS
- DUONEB \_\_\_\_\_ TIMES PER DAY OR EVERY \_\_\_\_\_ HOURS
- BUDESONIDE \_\_\_\_\_ TIMES PER DAY OR EVERY \_\_\_\_\_ HOURS
- PULMICORT \_\_\_\_\_ TIMES PER DAY OR EVERY \_\_\_\_\_ HOURS

OTHER INSTRUCTIONS / CONSIDERATIONS: \_\_\_\_\_

### GENERAL TIPS ON YOUR AEROSOL THERAPY ...

- **Don't** use out-of-date medication ... always check the expiration date before taking a treatment.
- **Don't** overuse medications. Use the exact amount prescribed by your physician. If there is a change in your condition, contact your physician.
- **Don't** use identical nebulizer and MDI (inhaler) medications at the same time.
- **Don't** use the compressor if the cord is damaged, frayed, etc.
- **Don't** use extension cords unless absolutely necessary. If necessary, the extension cord must be of the same size and current as the compressor.
- **Don't** place the compressor near curtains, pillows, sheets or loose items that may restrict airflow around the compressor.

- **Do** adhere strictly to the cleaning procedure for the nebulizer assembly, this will help you to avoid infection.
- **Do** keep the aerosol machine clean.
  - With the aerosol machine unplugged, wipe with a clean, *slightly* damp cloth.
  - Check the inlet filter and replace it periodically.
- **Do** follow all the instructions on your medication label(s).
- **Do** follow the proper storage of medications (see directions listed on your medication label(s)).
- **Do** replace your aerosol machine if it is not working properly or every 4-5 years. Call 800-892-4044 for further information.
- **Do** keep a spare nebulizer kit on hand at all times. When you open your second to last, call 800-892-4044 to re-order.

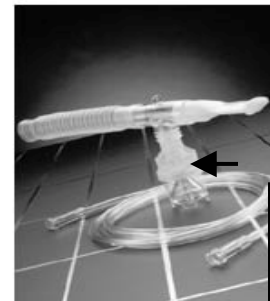
## TREATMENT PREPARATION ...

- Wash your hands.
- If instructed by your doctor, check your pulse before and after treatment.
- Confirm you have the correct medication and your appropriate dosage. Albuterol vials have a pointed tip and Ipratropium vials have a flat tip.
- Choose a clean place where you can sit comfortably next to a clean surface (such as a table or counter).
- Having tissues and a glass of water available for use during and after your treatment may be helpful.
- Plug the aerosol machine into a grounded outlet.

## TAKING YOUR AEROSOL THERAPY TREATMENT ...

- Make sure you are comfortable.
- Put the prescribed medication into the nebulizer cup.
- Assemble the nebulizer circuit.
- Attach the circuit to the aerosol machine with the tubing.
- Turn the compressor on.
- Take a deep breath and exhale completely.
- Place the mouthpiece in your mouth (between your teeth).
- Seal your lips around the mouthpiece.
  - You may be using a mask rather than mouthpiece, if this is the case, place the mask over your mouth and nose and breathe through your mouth.
- Hold the nebulizer upright to avoid spilling.
- Breathe normally through your mouth.
- Around every fourth breath, exhale slowly and completely, take a deep breath, hold for 2 – 3 seconds and exhale completely.
- Relax and take your time.
  - If you feel dizzy, shaky, or light-headed, immediately stop your treatment and restart when your symptom(s) disappear. If they persist, call your doctor and/or your DASCO representative.
- Tap the medicine cup occasionally to make sure all the medication is nebulized.
- Turn off the aerosol machine once no more medication is present.
- Disconnect the tubing from the compressor.
- Use a controlled cough to expectorate mucus loosened by the treatment.

Nebulizer Kit



**Place  
Medicine  
in Cup**

## **TROUBLESHOOTING ...**

- If your treatment takes an unusually long length of time...
  - Check the nebulizer assemble for proper construction. Remember to check for kinked or cracked tubing.
  - Check the inlet filter. Change or clean if needed.
- If your compressor feels or smells hot...
  - Check to see if there is proper airflow around the compressor.
- If your compressor is too noisy...
  - Check to see if the cabinet door or items near the compressor are vibrating.
  - Make sure your nebulizer is on a level surface.

If all above solutions do not resolve the problem, contact your DASCO representative at 800-892-4044.

## **HOW TO CARE FOR AND CLEAN YOUR AEROSOL EQUIPMENT ...**

### **After Every Treatment ...**

- Remove the nebulizer circuit from tubing.
- Disassemble the circuit and thoroughly rinse under warm running water.
- Shake off excess water and place on a clean paper towel, cover with another clean paper towel; allow to air dry; make sure all parts are dry before doing your next treatment.

### **Once Per Day ...**

- Disassemble the circuit and wash in a mild dishwashing soap.
- Rinse under warm, running water; shake off excess water and place on a clean paper towel, cover with another clean paper towel; allow to air dry, make sure all parts are dry before doing your next treatment.

### **Once Per Week ...**

- Soak all parts in white vinegar solution (1 cup vinegar to 3 cups water) for 30 – 40 minutes; make sure all parts are covered in the solution.
- Rinse under warm running water; shake off excess water and place on a clean paper towel, cover with another clean paper towel; allow to air dry, make sure all parts are dry before doing your next treatment.

### **Every Two Weeks ...**

- Change the nebulizer kit every 2 weeks and after any viral illnesses.
- Check the filter. If there is any discoloration, then it needs to be replaced.

## **REMEMBER TO CONTACT DASCO IF...**

- Your nebulizer malfunctions. It is important to call as soon as possible.
- You are unable to keep a scheduled appointment.
- Your physician changes your prescription or you start taking any new medications.
- You move and are still renting equipment.
- You have a change in insurance or physician.

***THANK YOU FOR CHOOSING DASCO HOME MEDICAL EQUIPMENT***

**If you have any questions about your aerosol therapy, do not  
hesitate to contact us at: 800-892-4044**