



Home nebuliser patient instructions – Bronchodilators

What is a nebuliser machine and how does it operate?

A nebuliser converts a liquid medication into an aerosol or mist that can then be inhaled via a nebuliser mask or angled mouthpiece. This provides a more efficient way of delivering higher doses of medications that are designed to relax and open the airways (bronchodilators) than using an inhaler. As a consequence, there is a higher risk of side effects using nebulised medication, including muscle tremors and palpitations. Please contact your GP/consultant/nurse if you experience any side effects.

Common examples of bronchodilators include:

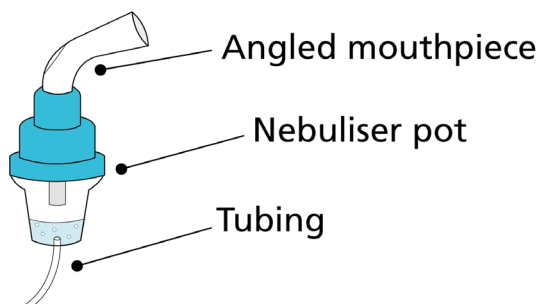
Delete as appropriate.

- Ventolin (salbutamol)
- Atrovent (ipratropium)
- Saline
- Hypertonic saline

Equipment

All nebulisers provided will be mains-operated and suitable for UK voltage of 220-240V. A nebuliser is suitable for the administration of bronchodilators only.

The nebuliser will be issued with a nebuliser kit comprising of:



Either a mouthpiece or a mask may be issued, depending on patient preference.

Please note: There are certain nebulised medications where a mask is not advised – the nurse issuing the nebuliser will advise if this applies to you

How to use the nebuliser

This information is designed to support the advice provided at the time of nebuliser issue.

Safety advice

- Do not immerse the nebuliser machine in water
- Never leave the nebuliser unattended when plugged in and operating
- To only be used with prescribed medication
- Do not use more frequently than prescribed
- Never use the nebuliser if the plug or electrical cord is damaged/faulty
- Keep away from sources of heat
- Do not use if you are feeling drowsy or sleepy

Operational instructions

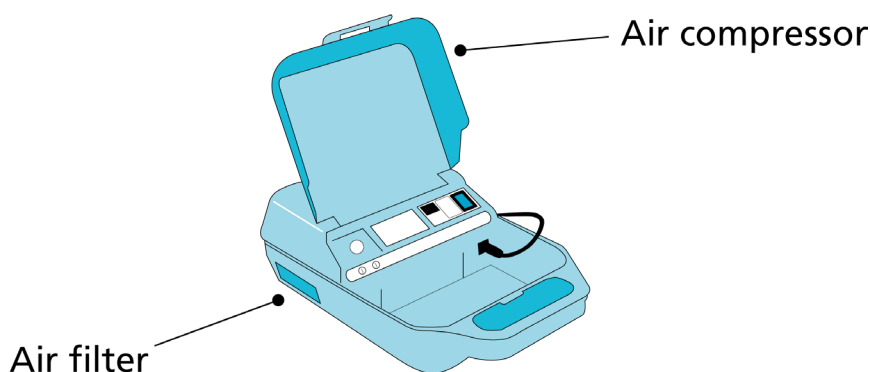
Setting up your nebuliser

1. Check the electrical cord and plug are not damaged
2. Connect the plug to the mains power supply
3. If the electrical cord is not integrated into the nebuliser unit, push the cable into the mains socket of the nebuliser
4. When you are ready, use the on/off switch (position I is on, position O is off) to check the nebuliser is working.

Filling the nebuliser chamber

Always check your medication and expiry dates before using

1. Connect one end of the clear tubing to the airflow outlet of the nebuliser, and attach the other end to the bottom of the medication chamber



2. Unscrew and remove the top of the medication chamber
3. Twist the top of the tube of medication and pour around the side of the medication chamber, avoiding the centre piece
4. Screw the top of the medication chamber back into place and connect either the mouthpiece or mask
5. Turn on the nebuliser for a few seconds and if it is producing a fine mist from the mouthpiece or mask it is ready to use. If there is no mist, please refer to the troubleshooting section of this leaflet

Administering the medication

1. Sit comfortably in an upright position and turn on the nebuliser
2. Place the mouthpiece into the mouth with lips sealed around it and the medication chamber held straight, or secure the mask over the nose and mouth

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3. Breathe in a relaxed manner, slowly and deeply for five to ten minutes, until the nebuliser starts to make a 'spitting' noise and the mist has stopped. It is normal for there to be a drop of medication left in the medication chamber at the end

Cleaning and maintenance

- The nebuliser **MUST** be kept clean and dust free
- Disconnect from power supply before cleaning
- Wipe the machine regularly with a damp cloth, and clean any spillages immediately
- Periodically check the plug and electrical lead for damage
- To ensure your compressor works efficiently and provides the greatest benefit, please follow the cleaning advice below:

The equipment must be kept clean and dry to minimise the risk of chest infections

Every day

- Dismantle nebuliser kit
- Unscrew the two halves of the medication pot and remove the mouthpiece or mask

NOTE: do not lose the baffle that sits inside the bottom half of the medication pot

- Wash the mouthpiece/mask and medication pot with warm soapy water

DO NOT immerse the tubing in water

- Rinse thoroughly with water and leave to air dry
- Run the nebuliser with just the tube attached for 10 seconds to remove any residual fluid

Every week

- Wipe inside and outside of the nebuliser casing with a damp cloth to remove any marks
- Dismantle the nebuliser kit, wash with hot soapy water and rinse thoroughly

NOTE: do not boil nebuliser pots/mouthpieces

- Rinse thoroughly in water and leave to air dry

Filters

The air filter should be checked on a regular basis. If these become dirty or blocked the compressor may not operate properly. Medequip will replace the filter during a service every 12 months. Please contact the department for any further advice.

Nebuliser servicing

All nebulisers require a 12-month service every year by Medequip. Please contact the telephone number on your equipment when your nebuliser is due for service. Alternatively, telephone the department on 0121 424 7503.

Troubleshooting

The nebuliser does not run

- Check that the main lead is connected to the nebuliser
- Check that the plug is in the socket and the power is on
- Check the filter and replace if required

The nebuliser is running but makes only a little mist.

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- Clean the medication chamber and mask/mouthpiece as directed in the 'cleaning and maintenance' section
 - If this does not work, try a new medication chamber

The nebuliser is running, the medication chamber bubbles but makes no mist.

- Clean as directed in the 'cleaning and maintenance' section

Help and advice.

Should the nebuliser make an unusual noise or take longer than 15 minutes to deliver the medication, please contact the department to arrange an appointment to get a replacement. Please call the Respiratory CNS department on 0121 424 7503 - we are open Monday to Friday between 09:00–17:00.

We do not provide an out of hours service, so if your nebuliser fails to provide the usual relief or the effect is shorter than normal, you should seek urgent medical advice from your GP or contact your out of hours service provider.

Replacement nebuliser consumables (masks, tubing, mouthpieces, and filters) can be obtained from the department – please contact us and request these to be posted or arrange a delivery via Medequip.

If you no longer require the use of your nebuliser, please return it to Medequip department as equipment is limited. If you are unable to return it yourself, someone may do this on your behalf. Alternatively call us on 0121 424 7503 for more information.

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Accessibility

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