



# Valley Healthcare Group

*"Where patients are our priority."*

## How to Use a Small Volume Nebulizer

### What to do:

1. Wash your hands.
2. Carefully measure the medicine, take the top off of the nebulizer cup, pour in the medicine, and replace the top of the nebulizer cup.
3. Attach the tubing to the nebulizer cup. Attach the other end of the tubing to the SVN machine.
4. Turn the machine on. It is best to sit as upright as possible and take slow deep breaths to get the medicine deep into your lungs. Be careful not to breathe too fast as you might get dizzy.
5. Most of the medicine will be given in 8-10 minutes. To get the most out of the treatment, you may tap the side of the nebulizer cup to move the medicine to the bottom.
6. When the mist starts disappearing from the nebulizer cup the treatment is almost done. When there is no mist coming out the treatment is done.
7. After finishing with the treatment, cough to clear any mucus you may have loosened.
8. After the treatment is finished, take apart the nebulizer cup and shake the excess medicine out of the cup. There will always be a little medicine left in the nebulizer cup.
9. Place the nebulizer cup on a clean towel to air dry and then place it in a zip lock bag (after completely dry) to stay clean.
10. If your nebulizer cup is a non-disposable model it can be cleaned by placing it in the top shelf of the dishwasher in a basket. If in doubt call us to determine which model you have to avoid melting the disposable model in the dishwasher.
11. Some of the medicines start working right away but do not reach their peak effect until about an hour. It is normal to have mucus loosen to be coughed out 1-2 hours after your treatment.
12. Always follow your doctor's recommendations as to how often to take your treatments.

### Cleaning Instructions

#### **Every Day:**

1. Take apart the tubing from the nebulizer cup and SVN machine.
2. Wash the nebulizer cup in hot soapy water and rinse thoroughly and let air dry overnight.
3. Store the nebulizer cup in a plastic bag or container.

Replace filter when dirty or brown (approx. once a year if the machine is used daily). If you have a NON DISPOSEABLE Nebulizer cup (heavier plastic) it can be put in the top shelf of the dishwasher to be sterilized. These are made to last 6 months and will only be covered once every 6 months

**If you have any questions or concerns call your local branch. If your doctor has given you specific cleaning instructions, be sure to follow those. If you have any trouble breathing or if you are experiencing shortness of breath, call your doctor right away.**

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