

Care and Maintenance of your Nebulizer

It is recommended that you clean your nebulizer on a regular basis, preferably right after each use. This will ensure that it does not become colonized with bacteria and proper functioning of the device. Prior to cleaning, please make sure that you wash your hands thoroughly.

Cleaning

Your nebulizer should only be cleaned using warm water and dish detergent.

Using a liquid dish detergent, mix 2 tablespoons of detergent for every 5 litres of water. Soak the device and mouthpiece (or mask) in warm soapy water for a minimum of 5 minutes.

Rinse thoroughly, preferably with sterile water (to make tap water sterile, boil it for 5 minutes and allowed to cool) and allow all parts to dry.

Rinse warm water through the hose each time. Connect to the compressor and allow to run for a few minutes blowing excess water out. Let it air dry.

Sterilizing

Bring a pot of water to a boil.

Remove the pot from the source of heat and immerse the nebulizer into the water. (do not place masks in the water, rather cleanse them with warm soapy water).

Leave there for 5 minutes.

Remove and allow all parts to dry.

This should be done at least once a day.

Replacements

Your nebulizer and tubing should be replaced every 6 months to ensure optimum function and decrease the chances of colonization.

Nebulizers and Medications

There are many types of nebulizers available that could be used to administer inhalation treatments. It is imperative that you follow the instructions given to you by the CF team on what type of nebulizer you use for your medications. For the nebulizer to function appropriately there must be a minimum of 3mL in the chamber.

| <i>Medication</i> | <i>Nebulizer</i> | <i>Instructions</i> |
|-----------------------|--|---|
| Pulmozyme | PARI LC Plus PARI LC Star PARI LC Sprint | Pulmozyme should have its own separate nebulizer. Other medications should never be placed in it as they can decrease the efficacy of the pulmozyme |
| Pulmicort | PARI LC Plus PARI LC Star PARI LC Sprint | May use the same nebulizer you use for Ventolin inhalations |
| TOBI | PARI LC Plus | This is the only nebulizer which can effectively administer this medication to the lungs and should therefore not be given any other way |
| Ventolin (Salbutamol) | Can be used in any of the PARI nebulizers | |
| Tobramycin | PARI LC Plus PARI LC Star PARI LC Sprint | Can be mixed with Ventolin or Normal saline as needed |

Important Numbers

Vital Aire
211 Adelaide St. S,
London
519-688-5255
1-800-567-0202

Western Pro Resp
Lockwood Park Plaza
699 Wilkins St., unit 43
London
519-686-6212
1-800-265-0978