



medfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Using A Pari LC® Sprint Reusable Nebulizer

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is particularly useful for respiratory problems. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A nebulizer delivery system consists of a nebulizer (small plastic medication cup with a lid that drops into the cup and twists) and a source for compressed air. The air flow from the compressor to the nebulizer changes the medication solution to a mist. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness.

Assembling the PARI LC® Sprint Nebulizer and Air Compressor

1. Place the compressor and nebulizer on a clean, flat, hard surface. The compressor should be placed where it can safely reach its power source and where you can reach the ON/OFF switch.
2. Plug the end of the power cord into an electrical outlet.
3. Connect the air tubing from the compressor to the nebulizer base.

Preparing the Medication

1. **Wash your hands prior to preparing each treatment.**
2. **Always use a clean nebulizer.**
3. **Open the inspiratory valve cap by lifting up the hinged cap.**



4. **Measure the correct dose of medication and other solutions prescribed by your health care provider.**
5. **Put the medication and other solutions into the medication cup.** Do not add medication past the maximum fill line which is 8cc.
6. **If using a mouthpiece, attach the mouthpiece to the front of the nebulizer.** The expiratory valve should face upward. **Close the inspiratory valve cap.**



7. **If using a mask, attach the mask to the front of the nebulizer.** **Close the inspiratory valve cap.**



8. **Connect the tubing to the bottom of the nebulizer.**



9. **Turn the compressor on and check the nebulizer for misting.**

If the nebulizer is not misting

1. Check all of the connections.
2. Refer to the manufacturer's instructions.

Taking A Nebulized Treatment Using A Mouthpiece and Interrupter

1. **Sit comfortably.** Position yourself in an upright, sitting position that will allow you to take a deep breath.
2. **Put the mouthpiece in your mouth on top of your tongue between your teeth and close your lips around it.**
3. **Hold the nebulizer in an upright position.** This prevents spilling and promotes nebulization.
4. **Gently breathe in.** As you breathe in, the inspiratory valve cap on top of the nebulizer opens as you inhale the medication.
5. **Gently breathe out.** As you breathe out, the expiratory valve on the mouthpiece opens, to release your exhaled mist. The inspiratory valve closes on the top of the nebulizer so you don't waste medication.
6. **Continue these steps until the onset of inconsistent nebulization, i.e., sputtering.**

Taking A Nebulized Treatment Using A Mask

1. **Sit comfortably.** Position yourself in an upright, sitting position that will allow you or your child to take a deep breath.
2. **Gently breathe out.**
3. **Secure the mask on your face or your child's face and inhale with your mouth open.**
4. **Continue breathing deeply throughout the treatment.**

Care and Cleaning of Nebulizer Equipment After Each Use

Please follow the manufacturer's instructions for cleaning the nebulizer equipment. Some suggested guidelines include the following:

1. Take apart the nebulizer. Wash all parts (except tubing) in liquid dish soap and water. Rinse with water.
Or
Place the nebulizer parts (except mask and tubing) in a dishwasher basket and place on the top rack of the dishwasher.
2. After washing the nebulizer shake off any excess water.
3. Reattach the nebulizer pieces and tubing to the air compressor and turn on the compressor to dry the nebulizer quickly. **Make sure the nebulizer is completely dry before storing the nebulizer.**

Care and Cleaning of Nebulizer Equipment Every Other Treatment Day

There are two ways to disinfect and sterilize your nebulizer. You may select either of the following methods:

Boiling Water

1. Wash your hands.
2. Take the nebulizer apart.
3. Put all the parts of the PARI LC Sprint except the mask and tubing in boiling water for 10 minutes.

4. After boiling the nebulizer shake off any excess water
5. Reattach the nebulizer pieces and tubing to the air compressor and turn on the compressor to dry the nebulizer quickly. **Make sure the nebulizer is completely dry before storing the nebulizer.**

Vinegar and Water

1. Wash your hands.
2. Soak all parts of the nebulizer (except mask and tubing) for 1 hour in a solution of 1 part distilled white vinegar and 3 parts hot water. The solution should be fresh. Remove the parts from the vinegar solution and rinse them in water. Discard the solution.
3. Shake off any excess water.
4. Reattach the nebulizer pieces and tubing to the air compressor and turn on the compressor to dry the nebulizer quickly. **Make sure the nebulizer is completely dry before storing the nebulizer.**

Care of the Compressor

1. Check the manufacturer's instructions for cleaning and care of other compressor you are using.

Note: This information is provided to you as an educational service of National Jewish Health.
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