

Thoracic Surgery

# Home Nebuliser Therapy

Information for patients



Oxford Heart and Lung Centre

You have been discharged from hospital with a nebuliser for home use.

This information booklet has been given to you to help answer some of the questions that you may have about how to manage home nebuliser therapy.

## How do I use my nebuliser machine?

You have been given a nebuliser machine with power lead with plug and a nebuliser mask and tubing.

### **To use the machine**

1. Connect the mains plug to a mains power supply.
2. Connect one end of the tubing to the outlet nozzle in the top of the nebuliser machine.
3. Connect the nebuliser chamber, followed by face mask or mouthpiece, to the other end of the tubing.
4. Press the mains switch on the top of the machine to on. The equipment will now start to work.

## Filling the nebuliser chamber

1. Connect one end of the tubing to the outlet nozzle on your nebuliser machine.
2. Connect the other end of the tubing to the bottom of the nebuliser cup.
3. Remove the nebuliser chamber top from the cup and pour your medication into the cup (maximum 10ml).
4. Screw the top back onto the cup.
5. Connect either the face mask or mouthpiece to the nebuliser top.

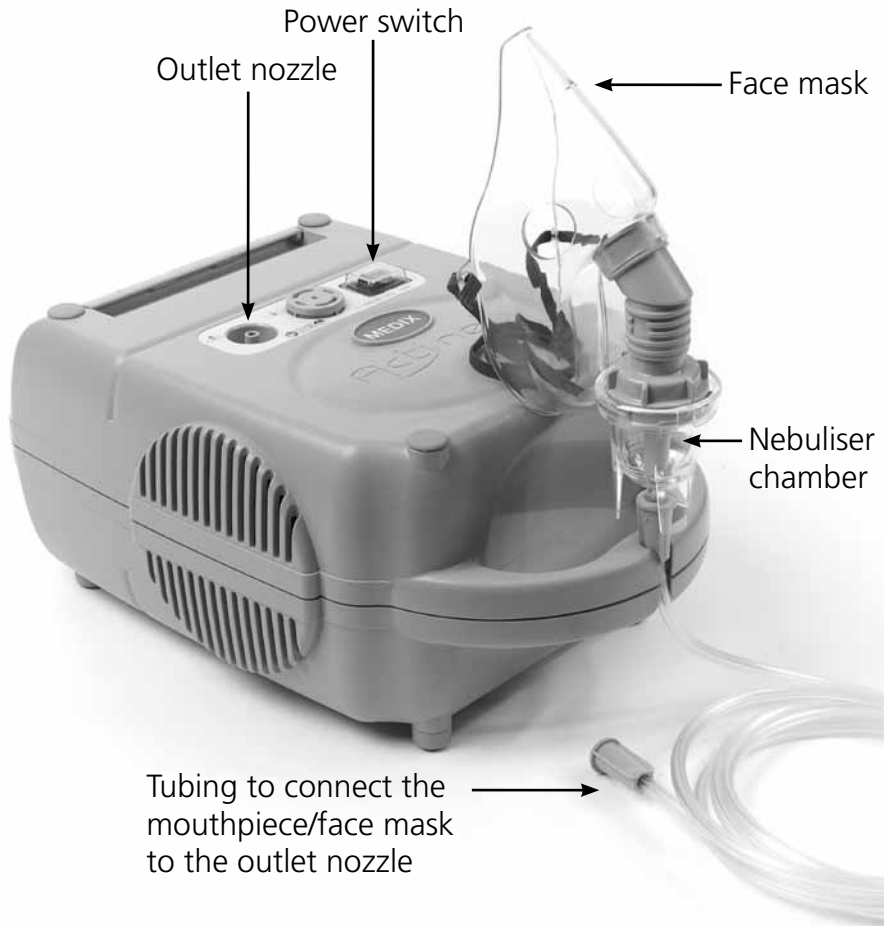
## How to take the medication

Switch the nebuliser machine on. Sitting in an upright relaxed position, place the face mask over your nose and mouth or put the mouthpiece into your mouth.

Start breathing slowly and deeply. Do not try to breathe quickly.

Switch off the nebuliser machine when the misting has stopped. Unplug the mains lead.

### Diagram:



## Cleaning

In order that you benefit fully from your nebuliser equipment, it is important that the machine and accessories are kept in a clean condition.

Make sure that the nebuliser chamber is taken apart, washed in warm soapy water, rinsed and allowed to dry completely after each use. The jet holes should be blown clear by attaching the chamber to the air outlet nozzle and running the machine for a few moments.

We advise that the tubing is disconnected from both the outlet nozzle and the chamber after each use to prolong the life of the connector.

The medication chamber and mouthpiece or mask can be used for 3 months. If you obtain another nebuliser after the 4 week loan period for this machine, your GP can prescribe a new medication chamber and mask / mouthpiece along with your nebuliser solution.

## Storage

The machine should be stored in a dust and smoke-free area. The case should be wiped with a clean cloth using a mild detergent (washing up liquid) solution.

## Returning the nebuliser machine

The nebuliser should be returned to the Cardiothoracic Ward (CTW) at the John Radcliffe hospital by the date agreed on your loan agreement. Please call the Advanced Nurse Practitioner for Thoracic Surgery on 01865 572 653 if you have any problems returning the nebuliser by the date agreed.

## Safety precautions

- Always disconnect from electricity supply before carrying out any maintenance or cleaning.
- Never operate the unit where it may come into contact with water. Should this happen, switch off at the mains and unplug immediately.
- Never block the air intake grills on the side of the device.
- Always keep electrical leads clear of heated surfaces.
- Position the unit on a clean surface. Do not place on carpet where fibres can be drawn into the unit when in use.
- Avoid using in a room where people smoke.
- Store in a clean, dry, dust free environment at room temperature.
- Not suitable for use with flammable anaesthetic gases.
- Do not modify the equipment or its accessories in any way.

## What should I do if I have a problem with my nebuliser machine at home?

Contact the Advanced Nurse Practitioner for Thoracic Surgery:  
(Monday to Friday 7.45am to 4pm)

Telephone: 01865 572 653

Email: [jenny.mitchell@ouh.nhs.uk](mailto:jenny.mitchell@ouh.nhs.uk)

### **If your query is urgent please call:**

01865 741 166 and ask for Bleep 1184

(Monday to Friday 8am to 4pm)

Outside of these times please call:

Cardiothoracic Ward on 01865 572 661

or call 01865 741 166 and ask for Bleep 1971

### **This nebuliser machine is the property of:**

**Thoracic Surgery**

**Cardiothoracic Ward**

**John Radcliffe Hospital**

**Headley Way**

**Oxford**

**OX3 9DU**

**01865 572 653**

**It should be returned at the end of the agreed loan period, or before if no longer required.**



If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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October 2013  
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[www.ouh.nhs.uk/patient-guide/leaflets/library.aspx](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)