Family Education Sheet



How to Use a Nebulizer with a Mouthpiece

A nebulizer uses a machine that makes a mist of medicine to breathe in through a mouthpiece or face mask. Your child's doctor or nurse will tell you how much medicine to put into the nebulizer. Follow the steps below on how to use a nebulizer with a mouthpiece.



1. Wash hands.



5. Open the plastic vial. Throw plastic top into trash.



9. Take slow, deep breaths until most of medicine is gone.



2. Put mouthpiece on the nebulizer container.



6. Pour medicine into nebulizer container.



DO NOT hold mouthpiece away from mouth while breathing in medicine.



3. Attach tubing to bottom of nebulizer container.



7. Put lips on mouthpiece and breathe normally.



10. Rinse mouth with water.



4. Attach other end of tubing to nebulizer machine.



8. Turn on the nebulizer machine.



11. Spit out water.