



PATIENT/CAREGIVER INSTRUCTIONS

Small Volume Nebulizer



Follow all warnings and instruction labels on
medical devices.

To obtain a copy of the manufacturer's product manual,
visit us at **apria.com**

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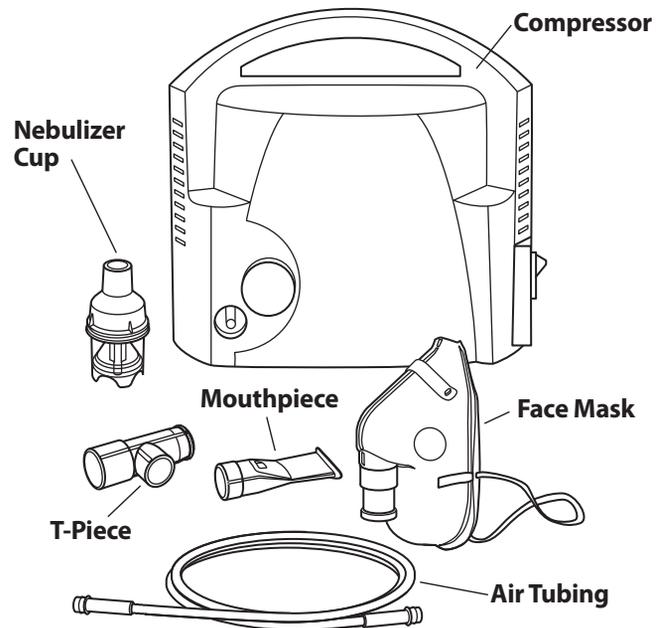
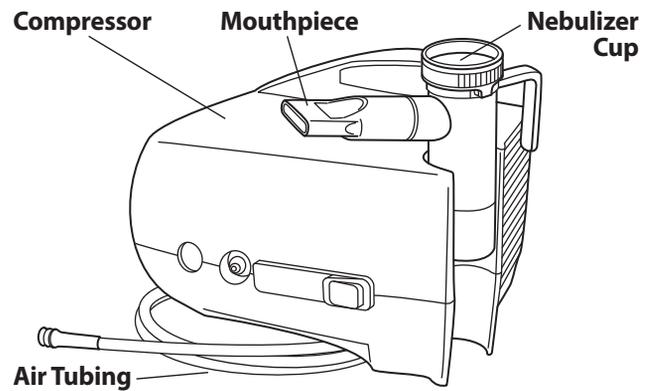
Your Prescription

Nebulizers are used to turn liquid medication into a mist so that it can be inhaled. Nebulizer therapy uses a prescribed drug. **Never increase your frequency of treatments or volume of medication without the specific approval of your physician.** Please note that the information provided here is meant to supplement the information provided by your physician, not to replace it. If your physician changes the frequency of treatment or medication volume, notify Apria Healthcare of this change in your prescription.

For more information on your illness or condition, the drugs used to treat them and product information, please visit our web site at apria.com.

Components of Your Small Volume Nebulizer

Although nebulizer equipment may vary in appearance, most models contain the components shown below. **Note:** Your nebulizer or nebulizer cup may not look exactly like the ones shown below.



Typical small volume nebulizers

Nebulizer Cup Assembly

Step 1: Select a comfortable area in your home where the unit can be placed on a flat stable surface and treatments can be taken without interruption.

Step 2: Wash your hands as instructed on page 6.

Step 3: Place the medication in the nebulizer cup.

NOTE: Discard any medications or solutions that have:

- Changed colors
- Formed crystals
- Developed a strange odor
- Gone beyond the expiration date

Ask your pharmacist how long your medication can be used. Most medications are dated and have a specific expiration date. Ask your pharmacist to instruct you on your medication usage. Please note that any information or instructions provided here are meant to supplement, not replace, any special instructions provided by your physician or pharmacist.



Unit dose medication

Step 4: Assemble your nebulizer cup according to the instructions provided by the manufacturer. (Two common models are pictured below.)

Step 5: If a mask is going to be used to administer the treatment, follow the manufacturer's directions for attaching the mask to the nebulizer cup.

Operating Your Nebulizer

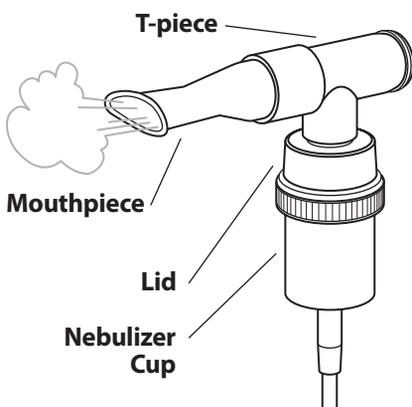
Compressor

Step 1: Connect the nebulizer cup to the tubing. Be careful not to spill any of your medication from the nebulizer cup.

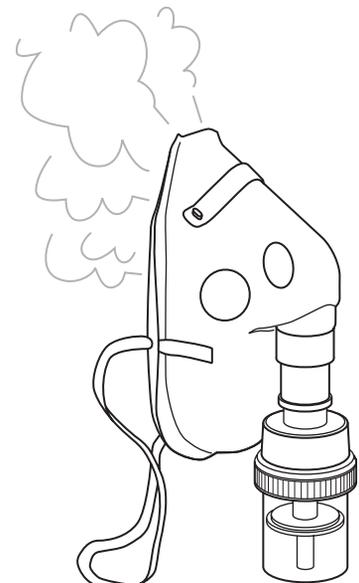
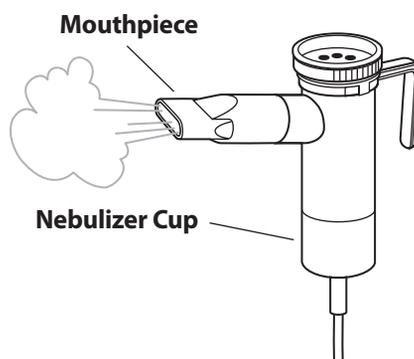
Step 2: Attach tubing to compressor.

Step 3: Insert the power plug into a nearby power outlet.

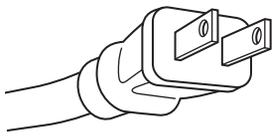
Note: Most common small volume nebulizers use "2-prong" power plugs and do not require a 3-prong, grounded AC power outlet.



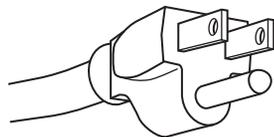
Mouthpiece configurations



Typical mask assembly



Two-prong power plug



Three-prong (grounded) power plug

However, if the equipment that has been provided to you has a 3-prong power plug and your home does not have 3-prong power outlets, your Apria representative will exchange your nebulizer for a unit that utilizes the 2-prong plug.

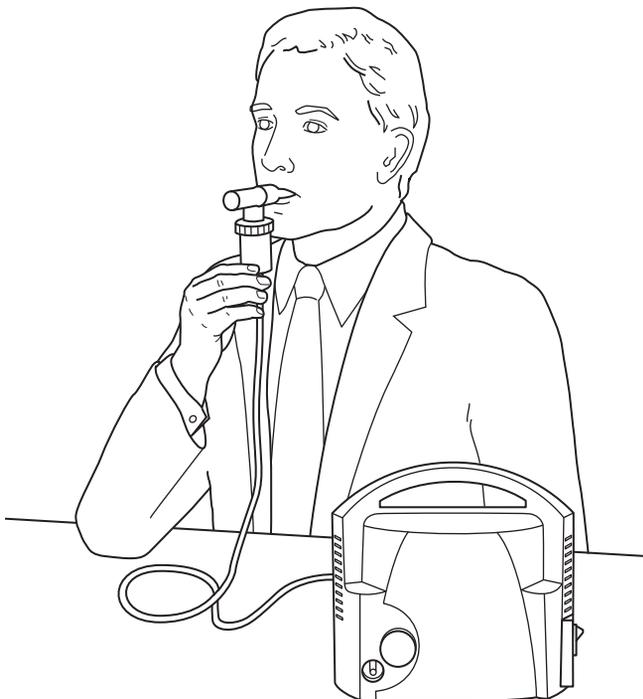
Taking Your Treatment

Step 1: Position yourself comfortably in a sitting position that will allow you to take a deep breath.

Step 2: Turn compressor to “ON.”

Step 3: Check for steady mist.

Check to see that the nebulizer is creating a steady mist. If not, recheck the tubing



Using the nebulizer

attachment points at the nebulizer and the compressor. If the nebulizer still does not supply an adequate mist, use your spare nebulizer cup and call Apria Healthcare for a replacement.

Step 4: Place the mouthpiece between your teeth and on top of your tongue and inhale through your mouth. If you are using a mask, secure the mask on your face and inhale with your mouth open.

Step 5: Breathe normally through your mouth unless directed otherwise by your physician. Repeat this breathing pattern for the entire treatment.

Step 6: Monitor for side effects. If you experience any of the following, stop your treatment:

- Increase in pulse by 20 beats per minute
- Palpitations (noticeable heart beat)
- Dizziness
- Shakiness
- Nausea
- Chest pain
- Uncontrollable coughing

Rest for five to ten minutes. If the side effects stop, continue with your treatment, but at a slower pace. If physical problems persist, consult your physician.

Step 7: Continue treatment until medication is gone.

Periodically tap the side of your nebulizer cup to cause any residual medication droplets to go to the bottom of the cup where they can be nebulized.

If you need to cough or rest during the treatment, turn the compressor off so you can save your medication.

After Your Treatment

Step 1: Turn the compressor off.

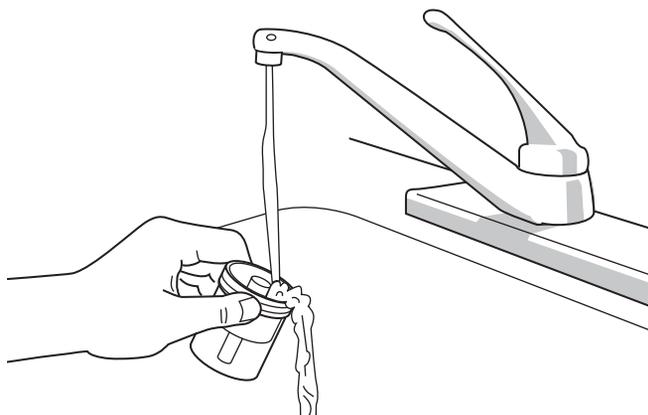
Step 2: If needed, cough several times to loosen and bring up any mucus.

Step 3: Clean the nebulizer unit using the instructions below.

Step 4: Store medication as directed on the label and refrigerate if required.

Cleaning Procedure

Cleaning and decontamination of respiratory therapy equipment in the home is of major concern. To prevent equipment contamination, a simple but effective cleaning procedure must be carried out on a routine basis. Do all cleaning and disinfecting in a clean environment. Avoid doing it after vacuuming, under an open window, or in dusty, dirty or smoky areas.



Rinse nebulizer parts

After Each Treatment

Step 1: Wash your hands as instructed on page 6.

Step 2: Remove the mask/mouthpiece, hose/tubing and nebulizer cup.

Step 3: Disassemble the nebulizer cup and empty it.

Step 4: Rinse under a strong stream of warm water. **Note:** It is not necessary to wash the tubing.

Step 5: Shake off excess water.

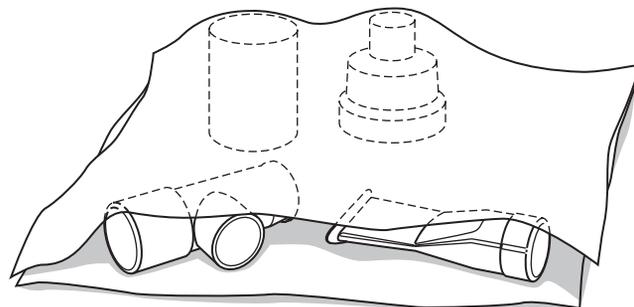
Step 6: Place nebulizer parts on a paper towel to air dry. Cover with another paper towel to keep dust free.

Step 7: Once dry, reassemble for the next treatment.

After the Last Treatment Each Day

Step 1: Wash your hands as instructed on page 6.

Step 2: Remove the mask/mouthpiece, tubing and nebulizer cup.



Put paper towels above and below the nebulizer parts and allow to air dry

Step 3: Disassemble the nebulizer cup and empty it.

Step 4: Wash disassembled parts in mild liquid detergent and warm water.

Note: It is not necessary to wash the tubing.

Step 5: Rinse all the parts.

Step 6: Shake off excess water.

Step 7: Air dry parts between folds of paper towels or on a clean hand towel.

Step 8: Reassemble for use.

Twice Weekly Cleaning and Disinfection

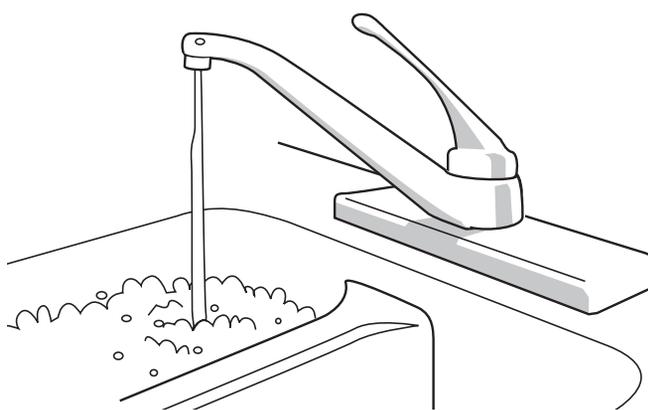
Step 1: Wash your hands as instructed on page 6.

Step 2: Wash disassembled parts in mild liquid detergent and warm water.

Note: It is not necessary to wash the tubing.

Step 3: Rinse thoroughly.

Step 4: Soak the parts for 30 minutes in a solution of one part white vinegar and one part water for disinfecting.



Wash disassembled nebulizer parts after the last treatment each day

Step 5: After soaking, rinse and shake off the excess water.

Step 6: If the equipment is not going to be used immediately, air dry between folds of paper towels or a clean hand towel. When thoroughly dry, store in a resealable plastic bag until ready for use.

To keep your nebulizer compressor dust free, cover it with a clean towel when not in use. Do not store the nebulizer on the floor.

Filter Change

The filter should be changed according to the manufacturer's recommendation. Please refer to the manufacturer's manual for instruction and required frequency of change.

Physical Problems

If you experience any of the following problems, call your physician:

- Fever or chills
- Increased wheezing
- Increased mucus production
- Mucus becomes thicker
- Change in mucus color
- Headaches
- Loss of appetite
- Increased shortness of breath
- Chest pain
- Increased cough
- Swelling in your ankles or around your eyes
- Weight gain overnight

- Feeling dizzy or sleepy
- Any change in physical sensation after taking a new medication

If you experience **severe physical problems**, call 911 or your local emergency services.

If you experience any **physical change**, call your physician.

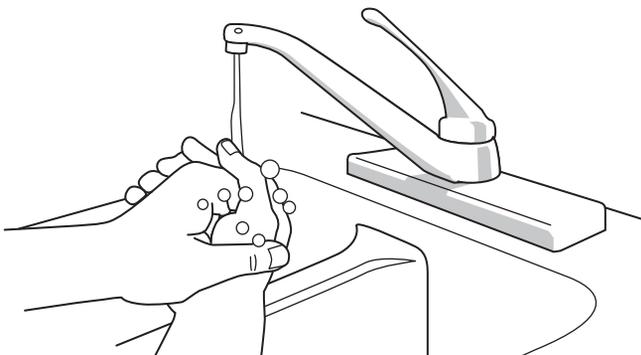
If you are having trouble with your **equipment** call Apria Healthcare.

Handwashing Technique

Thorough handwashing must be done prior to all procedures. Contaminated, dirty hands are one of the most common sources of infection.

1. Wet your hands thoroughly with warm water.
2. Use soap.
3. Scrub hands for 20 seconds using a rotary motion and friction. Wash:
 - Back and palm of each hand
 - Between all fingers
 - Fingernails

Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Wash hands for 20 seconds

4. Rinse your hands under the running water.
5. Dry on clean towel or with a paper towel.

For additional good health habits, visit our Patient Education section on apria.com.

Safety Precautions

Never immerse the compressor unit in water.

Never try to clean the compressor by placing it in water. The electrical components will be damaged and will create a shock to the user the next time it is plugged into an electrical outlet.

Never plug in the compressor unit if the unit is wet or damp.

Moisture always increases the potential of electrical shock.

Always keep an extra nebulizer cup on hand.

It is possible, but not probable, that your nebulizer could stop working correctly just as you start using it. A spare nebulizer cup will allow you to continue with your treatment, should this occur.

Never use the compressor with an extension cord.

Never plug the compressor into an electrical outlet that is being used to supply power to another major appliance.

Plug your compressor into an outlet that is NOT being used to supply electricity to other major appliances. If you need to use the same outlet that is shared by other equipment, make sure the other appliances are NOT being used at the same time.

Never try to repair the compressor yourself.

Your compressor is considered medical equipment and should only be worked on by a professional. If you are having trouble with your equipment, call Apria Healthcare.

Make sure your home address can be easily seen from the street during both day and night.

If you are expecting a night delivery or visit, turn on the porch light. Check to see that

your address numbers are easy to spot and read from the street. This will allow all Apria Healthcare and emergency services to locate your residence easily.

Follow emergency and natural disaster instructions.

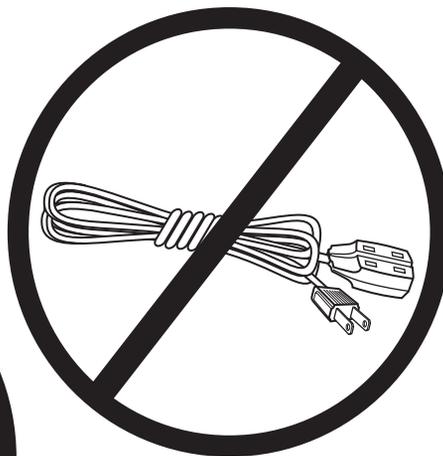
In an emergency or natural disaster, follow the internet, radio or television instructions of your local authorities.

Warranty

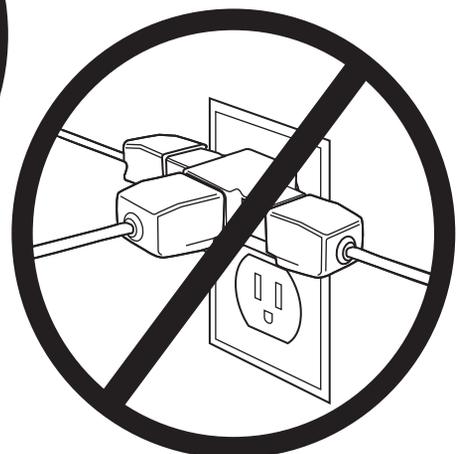
If you have purchased your nebulizer compressor, the unit is under manufacturer's warranty from the date you receive the unit. Call Apria Healthcare if your equipment needs service.



Never plug in unit if it is wet or damp



Never use unit with an extension cord



Never plug into an outlet used by another major appliance

Common Problems and Their Solutions

Problem	Probable Cause	Solution
Medication is not making a mist	Nebulizer cup is not properly assembled or is not clean	Clean nebulizer cup and reassemble, or discard and use a new medication cup.
Compressor does not turn on	Unit is not plugged in	Plug in.
Medication leaks out of the nebulizer cup	Nebulizer cup is cross-threaded	Unscrew cap from nebulizer cup and reassemble.
Compressor unit does not have enough flow	Filter is dirty	Replace and/or clean filter.

Feedback on Our Services

Apria Healthcare is among America's most experienced and respected home respiratory care providers, and our patient satisfaction scores are consistently high. It is possible, however, that you may have a concern and we welcome feedback. To voice a concern, you should take these steps:

1. Call the Apria Customer Service for Patient Concerns at **1 (800) 260-8808**
OR
2. Contact us by e-mail at:
Patient_Satisfaction@apria.com
OR
3. Visit our web site at **apria.com**

Satisfaction Survey Process

Our goal is to ensure your satisfaction. You will likely receive an Apria patient satisfaction questionnaire and we hope that you will take a few minutes to fill it out and return it to us. The postage is prepaid by Apria Healthcare.

Apria Pharmacy Network Can *Deliver* Your Prescribed Respiratory Medications *Right to Your Door*

Take advantage of all the Apria Pharmacy Network benefits!

- A wide range of respiratory medications delivered right to your door, alleviating the need to go to the pharmacy
- Convenient and easy to use pre-mixed unit-dose medications
- A monthly phone call from Apria Pharmacy Network to confirm medication supply and arrange for reorder, if needed
- A Pharmacist on-call outside regular business hours to discuss your medication questions
- Billing to Medicare and most Medicaid and commercial insurance companies

To learn more about Apria Pharmacy Network call
(800) 638-0942





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