

# MEDfacts

An Educational Health Series From National Jewish Health®



## Using A Pari Jet LC+® 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 Jet+® 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. 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. Remove the medication cup from the nebulizer unit.
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.
6. Replace the top of the nebulizer. The half round baffle should face the mouthpiece of the nebulizer.
7. If using a mouthpiece, attach the mouthpiece to the front of the nebulizer. The air vents should face upward.
8. If using a mask, attach the mask to the front of the nebulizer as shown below.

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9. Connect the tubing to the bottom of the nebulizer.
10. 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 or a Mask

1. **Sit comfortably.** Position yourself in an upright, sitting position that will allow you to take a deep breath.
2. **Gently breathe out.**
3. **If using a mouthpiece, put the mouthpiece in your mouth between your teeth and close your lips around it.**
1. **If using a mask, secure the mask on your face and inhale with your mouth open.**
4. **Hold the nebulizer in an upright position.** This prevents spilling and promotes nebulization.
5. **Assure deep breathing throughout the treatment.** This allows the medication time to deposit in the airway.
6. **Continue these steps until the onset of inconsistent nebulization, i.e., sputtering.**

#### 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 and interrupter) in liquid dish soap and water. Rinse with water.
- Or
2. Place the nebulizer parts (except mask, tubing and interrupter) in a dishwasher basket and place on the top rack of the dishwasher.
  3. After washing the nebulizer 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 and Cleaning of Nebulizer Equipment Every Other Treatment Day

There are two ways to disinfect and sterilize your nebulizer. Boiling the nebulizer is the preferred method:

##### Boiling Water

1. Wash your hands.
2. Take the nebulizer apart.
3. Put all the parts of the PARI LC JET+™ except the mask, tubing and interrupter 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, tubing and interrupter) 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.**

The tubing is replaced every two weeks because it is difficult to clean and dry properly.

### **Care of the Compressor**

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. It is not meant to be a substitute for consulting with your own physician.

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PTE.097