

# MEDfacts

An Educational Health Series From National Jewish Health®



## Using A Pari LC® Sprint Reusable Nebulizer

Inhaled medications are available for certain lung diseases. By using a nebulizer the medication can be inhaled directly into the airways for a better treatment. Your health care team will help recommend the appropriate delivery system.

The delivery system consists of a nebulizer cup for the medication, connecting tubing and an air driven compressor. Air flow from the compressor to the nebulizer changes the medication to an aerosolized form. When inhaled correctly, the medication has a better chance to reach the small airways increasing the medication's effectiveness.

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### Assembling the PARI LC® Sprint Nebulizer and Air Compressor

- 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.
- Plug the end of the power cord into an electrical outlet.
- Connect the air tubing from the compressor to the nebulizer base.

### Preparing the Medication

- Wash your hands prior to preparing each treatment.
- Always use a clean nebulizer.
- Open the inspiratory valve cap by lifting up the hinged cap.
- Measure the correct dose of medication prescribed by your health care provider.
- Put the medication into the cup. Do not fill past the maximum fill line of 8ccs.



- If using a mouthpiece, attach the mouthpiece to the front of the nebulizer. The expiratory valve should face upward.
- Close the inspiratory valve cap



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



- Connect the tubing to the bottom of the nebulizer.
- Turn the compressor on and check the nebulizer for misting.



#### If the nebulizer is not misting

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

#### Taking a nebulized treatment using a mouthpiece

- Sit comfortably. Position yourself in an upright, sitting position that will allow you to take a deep breath.
- Put the mouthpiece in your mouth making a tight seal with your lips.
- Hold the nebulizer in an upright position. This prevents spilling and promotes nebulization.
- Gently breathe in and out through the mouthpiece.
- Continue these steps until completed, i.e., sputtering.

#### Taking a nebulized treatment using a mask

- Sit comfortably. Position yourself in an upright, sitting position that will allow you or your child to take a deep breath in.
- Secure the mask on your face or your child's face and continue with normal breathing until treatment is completed.

#### Care and Cleaning of Nebulizer Equipment after Each Use

- Disassemble the nebulizer cup. Wash all parts (except mask and tubing) in warm soapy water or in a basket on the top rack of the dishwasher and rinse well.
- After washing, shake off any excess water and let air dry.

#### Disinfecting the device weekly is recommended

##### Boiling Water

- Take the nebulizer cup apart.

- Put all the parts in boiling water for 5-10 minutes.
  - After boiling, carefully shake off any excess water and let air dry.
- Make sure the device is completely dry before reassembling after cleaning and disinfecting.**

Please follow the manufacturer's instructions for cleaning the nebulizer equipment.

#### **Recommendations:**

- Replace the tubing every 2 weeks, it is difficult to clean and dry properly.
- The Pari Sprint Nebulizer cup should be replaced every 6 months.

#### **Care of the Compressor:**

- Check the manufacturer's instructions for cleaning and care of your compressor.

Note: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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