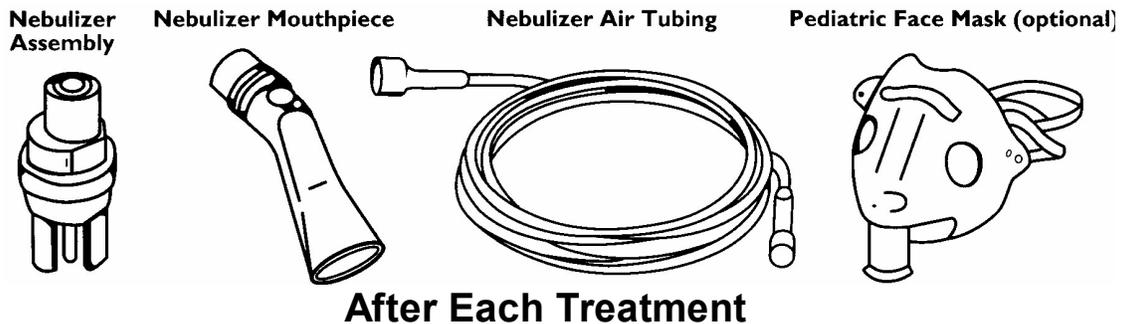


HOW TO TAKE A BREATHING TREATMENT

1. Put the nebulizer administration kit together as instructed by your Enos Home Oxygen and Medical Supply Representative.
2. Attach the tubing to the nebulizer compressor.
3. Take the lid off the nebulizer cup and set the lid aside.
4. Before opening a tube of medication, make sure all the liquid is in the bottom of the tube.
5. Remove the top of the plastic medication tube and squeeze in one vial of your prescribed medication into the medication cup. You may need to squeeze the tube 2 or 3 times to assure all medication is out of the tube.
6. If you are using a dropper, place the correct amount of medication in the nebulizer cup (as well as the correct amount of normal saline prescribed by your physician).
7. Put the top back on the nebulizer cup and turn on the compressor.
8. Sit up straight and exhale completely.
9. Insert the mouthpiece into your mouth and seal your lips around the mouthpiece.
10. Breathe normally in and out through the mouthpiece. If you are using a mask to take the treatment, make sure you are breathing through your mouth and not through your nose.
11. Every 4th breath, take a slow deep breath in and hold it in for a count of 5. Let the breath out slowly and continue to breathe normally.
12. Toward the end of the breathing treatment, you will hear a sputtering sound. At this point, tap the side of the nebulizer cup with your finger or lightly tap the nebulizer unit on a table. This will allow more of the medication to turn into an aerosol for your breathing treatment.
13. Continue to do this until the majority of all medication has been used.
14. After the treatment, take a slow deep breath in and cough several times. This should assist you in getting some mucus out of your lungs.
15. Rinse mouth after every treatment
16. You are finished! Rinse out the nebulizer and let it dry according to the instructions you were given at the time of delivery.

NEBULIZER CLEANING INSTRUCTIONS



1. Remove the tubing from the nebulizer cup and disassemble the parts.
2. Rinse of the all parts (except the tubing) with warm tap water.
3. Allow the nebulizer cup and parts to air-dry on a clean, lint free cloth (paper towels are fine).
4. Reassemble the cup when dry and store in a zip lock bag until your next breathing treatment.

Once a Week

1. Remove the tubing from the nebulizer cup and disassemble the parts.
2. Soak all parts (except the tubing) in a basin filled with 1 part distilled white vinegar and 3 parts hot tap water for at least 30 minutes.
3. Then rinse all parts of the nebulizer thoroughly with warm water and allow it to air- dry on a clean lint free cloth.
4. Discard the solution when the disinfecting is complete.
5. Once the nebulizer cup is clean, store it in a zip lock bag until your next breathing treatment.
6. Every week, wipe down the outside housing of the nebulizer compressor (make sure it is unplugged) with a slightly damp, clean cloth. You can also wipe down the tubing that attaches the nebulizer to the compressor.
7. Be sure to dry off both the tubing and housing.

Nebulizer & Filter

- Disposable nebulizer set ups need to be discarded after 2 weeks of use
- ProNeb set ups (side stream, aereoclipse) are discarded after 6 months of use
- Filters:
 - Should be changed monthly or when they appear grey & dirty
 - Some nebulizers have filters that last 6mo