



Home Medical Equipment: Nebulizer (Aerosol or Inhalation Treatment)

The neonatal intensive care unit (NICU) team celebrates with you as your baby goes home! After graduation from the NICU, your baby will need special home medical equipment (also called durable medical equipment) to help keep him or her well.

Why does my baby need this equipment?

- Nebulizer treatments help prevent or treat breathing problems.
- A *nebulizer* is a small electric or battery-powered machine that turns liquid medicine into a mist that will help your baby breathe more easily.
- A face mask or mouthpiece sends the misted medicine to your baby so he or she can breathe the medicine right into the lungs.

Vendor Information

A company, also called a vendor, will bring the equipment to your home and teach you how to use and manage any problems with the equipment that may arise.

Name: _____

Phone Number: _____

Address: _____

Other Emergency Numbers: _____

Important Things to Remember

- Wash your hands before giving your baby a nebulizer treatment.
- Get together all needed supplies (a face mask works best for children younger than 3 years old).
- Always follow the directions given by the vendor of the nebulizer.
- Hold your baby upright and support his or her head and neck, or place your baby in an infant seat.
- Always give your baby his or her breathing medicine(s) using the directions on the bottle or container given to you by the pharmacy. Never mix medicines unless specifically told to do so by your baby's providers.
- Stay with your baby during the nebulizer treatment and try to keep your baby calm so that he or she can breathe in most of the medicine.
- When the treatment is finished, take off your baby's face mask and turn off the nebulizer. Your baby's breathing should be easier. Call your baby's provider if you're worried.
- Wash your hands and clean the equipment following the vendor's instructions.
- Do **not** stop using the nebulizer or change the times when you give the treatments unless your baby's provider tells you it is safe to do so.
- Call your emergency medical services, telephone, and electric companies to let them know that your baby uses a nebulizer. This is important so that if there is a power outage or emergency, you will be on a priority list for help.
- You may be nervous at first, but with practice, you will become more comfortable using the equipment. It's always OK to ask for help! Make sure you ask your baby's healthcare provider who you can call for help, questions, and concerns.

The above information is to help you better understand your baby's care. Always follow the instructions given by your baby's health-care provider and ask questions if you have concerns about your baby.

Online Resources

American Academy of Pediatrics
www.aap.org

Healthy Children
www.healthychildren.org

Kids Health
www.kidshealth.org