

Albuterol Nebulizer

(Proventil or Ventolin)

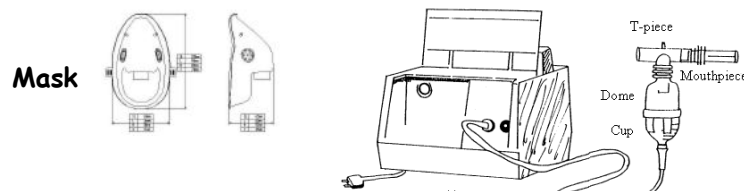


What is it?

Albuterol is a **rescue medicine**. It helps to relax the muscles around your breathing tubes. With a nebulizer, your child breathes a fine mist of medicine into their lungs. The medicine is breathed in through a mask or mouthpiece.

When is it used?

Use the nebulizer when your child has symptoms and/or peak flow numbers in the **yellow** or **red** zones. Follow your doctor's instructions for dosage.



How is it used?

1. **Plug in** the machine
2. **Put** one end of the tubing into the machine
3. **Put** the other end of the tubing into the bottom of the cup
4. **Measure** medicine into the cup
5. **Put** the dome onto the cup
6. If using a mask, **put** the mask onto the dome and **skip to step 9**
7. If using a mouthpiece, **put** the t-piece onto the dome
8. **Put** the mouthpiece onto the t-piece
9. **Start** the machine
10. Have your child **hold** the cup up and take slow, deep, breaths
11. **Keep your child breathing** the mist for 5-10 minutes or until medicine is gone
12. **Shake** the cup downward to make sure all of the medicine is gone
13. **Take** all the plastic parts off and wash them in warm running water after each use
 - ***Wash** the nebulizer cups in the dishwasher in the top rack in a basket or **scrub** each plastic piece with **warm soapy water** at the end of each day
 - ***Soak** in $\frac{1}{2}$ cup white vinegar and 1 $\frac{1}{2}$ cups tap water mixture for one hour and then **rinse** with warm running water 2x a week
 - ***Make sure** all parts are dry and store in a clean plastic bag

What are the common side effects?

- Tremors
- Nervousness
- Headaches
- Dizziness
- Sleeplessness
- Nausea
- Vomiting