



# University Hospitals of North Midlands

Respiratory Physiology: Heart and Lung Clinic

## USING YOUR NEBULISER

1. Unscrew the top of the Sidestream (**blue part**) and check that both parts are clean, not cracked and there are no foreign objects in it.
2. Put the prescribed amount of medicine into the Sidestream (**clear part**).
3. Firmly screw the top back on connecting the white mouthpiece to the top of the Sidestream (**blue part**); and attach the tubing to the bottom of the Sidestream (**clear part**). Make sure the other end of the tubing is firmly attached to the machine.
4. Keep the Sidestream upright to prevent any spillage.
5. Plug the machine into the power supply, place on a hard surface such as a table, and switch on. Do not place the machine on the floor, as it may take in dust, or overheat on the carpet.
6. Sit down, put the mouthpiece in your mouth and breathe as normally as possible while you are using your nebuliser. It will take several minutes for all the medicine inside the chamber to be used up. A tiny drop of liquid is always left at the bottom of the unit.
7. After use, turn the machine off and unplug the power supply. Disconnect the tubing from the machine and unscrew the Sidestream. Then wash the Sidestream out in warm soapy water, rinse and leave to air dry or dry with a lint free cloth. **THIS SHOULD BE DONE AFTER EACH USE.** By doing this, your risk of catching a chest infection is considerably reduced. It also helps to keep the whole nebuliser unit working efficiently.
8. The machine should be wiped clean with a damp cloth a **few times per week**.

*If you need any help or have any questions, please do not hesitate to contact The Nebuliser Team or your own doctor/practice nurse will also be able to assist you.*