

# COPD: How to Use a Nebulizer

A nebulizer is a machine that turns liquid medicine into a fine mist that you breathe in.

You breathe the mist in through a mouthpiece or a mask.

Nebulizers are usually used at home and often need to be plugged in.

Some newer machines are battery-operated and small enough to carry around with you.

First, wash your hands. And make sure the nebulizer is clean.

Place the machine on a flat surface so it doesn't tip.

Connect one end of the tubing to the machine ...

and the other end to the medicine cup and the mouthpiece.

Next, put the correct amount of medicine into the cup.

Then ... turn the machine on. You should be able to see the mist forming.

To start the treatment, put the mouthpiece in your mouth and close your lips around it.

Breathe normally until the medicine is gone.

Depending on the machine, this usually takes 10 to 15 minutes.

It's important to keep the nebulizer's parts clean.

Be sure to follow the cleaning instructions that came with the machine.

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