



Home Nebulizer Therapy

What is a nebulizer?

A nebulizer changes liquid medicine into fine droplets (in aerosol or mist form) that are inhaled through a mouthpiece or mask. Nebulizers can be used to deliver glutathione and other medicines. A nebulizer is powered by a compressed air machine and plugs into an electrical outlet. Portable nebulizers, powered by an internal battery or cigarette lighter, are available for individuals requiring treatments away from home.

Nebulizer care guidelines

Your naturopathic doctor will show you how to use the nebulizer. You will need the following supplies to give the nebulizer treatment:

- Nebulizer machine (compressor and nebulizer cup)
- Mask or mouthpiece
- Clean syringe
- Glutathione liquid
- Other medicines as prescribed

Treatment procedure

1. Place the air compressor on a sturdy surface that will support its weight. Plug the cord from the compressor into a properly grounded (three prong) electrical outlet.
2. Wash your hands with soap and warm water and dry completely with a clean towel.
3. Carefully measure the glutathione exactly as you have been instructed. Use a separate, clean syringe each time. Remove the top part of the nebulizer cup and place the glutathione in the bottom of the nebulizer cup.
4. Add equal amounts of sterile water to the nebulizer cup. Add any other medicines (homeopathics) if instructed by your naturopathic doctor.
5. Attach the top portion of the nebulizer cup and connect the mouthpiece or face mask to the cup. Connect the tubing to both the aerosol compressor and nebulizer cup.
6. Turn on the compressor with the on/off switch. Once you turn on the compressor, you should see a light mist coming from the back of the tube opposite the mouthpiece as shown to the left.
7. Sit up straight on a comfortable chair.
8. If you are using a mask, position it comfortably and securely on your face as shown to the right. If you are using a mouth piece, place it between your teeth and seal your lips around it as shown to the left.



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9. Take slow, deep breaths through your mouth. If possible, hold each breath for two to three seconds before breathing out. This allows the glutathione to settle into the airways.
10. Continue the treatment until the liquid in the bottom of the nebulizer cup is gone (about seven to 10 minutes).
11. If you become dizzy or feel "jittery", stop the treatment and rest for about five minutes. Then continue the treatment, but try to breathe more slowly. If these symptoms continue with future treatments, inform your naturopathic doctor.
12. Turn the compressor off and clean it.

Care of nebulizer

Cleaning and disinfecting your equipment is simple and very important. Cleaning should be done in a dust- and smoke-free area away from open windows. Here is how to clean your equipment:

At the end of each treatment, the nebulizer cup, mask or mouthpiece should be washed in warm soapy water using a mild detergent, rinsed thoroughly, and allowed to air dry.

Following every third treatment, after washing your equipment, disinfect the equipment using a vinegar/water solution.

To use the vinegar solution, mix 1/2 cup white vinegar with 1-1/2 cups of water. Soak the equipment for 30 minutes and rinse well under a steady stream of water. Shake off the excess water and allow to air dry on a paper towel. Always allow the equipment to completely dry before storing in a plastic, zipper storage bag.

Note: Unplug the compressor before cleaning it. There is no need to clean the tubing that connects the nebulizer to the air compressor. Do not put these parts in the dishwasher.

Compressor care

1. When not in use cover the compressor with a clean cloth. Keep it clean by wiping it with a clean, damp cloth as needed.
2. Do not put the air compressor on the floor either for treatments or for storage.
3. Store the glutathione in the refrigerator at all times. Do not use the glutathione past its expiration date.

This information is provided by Naturopathic Foundations Health Clinic and is not intended to replace the medical advice of your naturopathic doctor or health care provider. Please consult your naturopathic doctor for advice about a specific medical condition. For additional health information, please contact Naturopathic Foundations Health Clinic at 905-940-2727 or visit our website at www.naturopathicfoundations.ca