

# PARENT EDUCATION

## **Nebulizers and Allergy**

July 12, 2010

By Samer Khaznadar, M.D., FAAP

### **Nebulizers**

- 1). After each use, rinse cup with sterile solution and air dry your nebulizer cup by blowing air through with the compressor for a few minutes. Let dry completely before next use.
- 2). Never wash tubing between the compressor and nebulizer cup with water. Keep dry at all times.
- 3). Soak the nebulizer cup in 1:2 solution of vinegar and water at least every third day or sooner if necessary for 20 minutes. Then use sterile solution to rinse the cup and then let it dry completely before next use.
- 4). Wash your hands with soap and water before using the equipment.
- 5). Keep equipment dry all the time and store in a dry place and fill the machine with medication only prior to use.
- 6). Wipe equipment exterior down with a damp cloth to keep the machine dust free. Do not rinse.

### **Humidifiers**

- 1). Store humidifiers in a dry place and keep it dry at all times.
- 2). Use only clean water to fill the humidifier and change the water every 24 hours.
- 3). Wipe equipment exterior down with a damp cloth to clean off dust. Do not rinse.
- 4). Wash your hands with soap and water before using the equipment.
- 5). Fill with 1:2 vinegar and water at least every third day or sooner if necessary . Let the vinegar and water sit for 20 minutes then wash with clean water and dry.

### **Normal Saline for Nebulization**

Use only one of the following products:

- 1). Prediluted unit-dose form.
- 2). The 2.5ml unit-dose saline “pillows” or “vials” (usually pink in color). Use each pillow only once even if you did not use the whole amount present in the pillow.
- 3). Broncho saline.

If you are using any other product please call us and we will be happy to contact your pharmacist and replace it with one of the products mentioned above. Do not use bacteriostatic saline with benzylalcohol preservative.

**Food and Insect Sting Allergy**

If your child has systematic reaction to food or insect stings the following is absolutely recommended:

- 1). Injectable epinephrine to be available to child at all times, please call us if you need a prescription or refill of epinephrine.
- 2). Referral to allergist for the possibility of starting immunotherapy (allergy shots). Please contact us to arrange for the referral.
- 3). School and camping authorities should be informed about the child's allergies. Systemic reaction is reaction away from the bite site and includes hives, facial swelling, wheezing, abdominal upset and dizziness. It does not include local swelling of the bites site which happens with all cases of insect bites, especially bee stings.

Please don't hesitate to call us if you have any further questions.