

# Using a nebuliser

Sussex Cancer Centre Clinic Department

## What is a nebuliser?

A nebuliser is a device that turns a liquid containing medication into a fine mist that you can breathe into your lungs.

## Why use a nebuliser?

A nebuliser can help to loosen phlegm (mucous), making it easier to cough up. This can help clear your airway and may make the delivery of radiotherapy treatment more comfortable.

## What are the three components of a nebuliser mask?



*The air hose*



*The medicine cup*



*The mask*

## These are the basic steps to set up and use your nebulizer:

1. Connect the hose to the nebuliser machine.
2. Fill the medicine cup with your prescription.
3. Attach the hose and the mask to the either ends of the medicine cup.
4. Place the mask over your mouth. Breathe normally for 10-15 minutes.
5. Wash the medicine cup and mask with water, and air dry until your next treatment.



**And finally...** Make sure you're comfortable! Sit in an upright position to get the medication into your lungs.

# Cancer Nurse Specialist Team

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This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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Ref number: 635.1

Publication Date: April 2021    Review Date: April 2024

