

Nebulizer Use

Children between the ages of 3 months and 5 years usually receive asthma medications most effectively by nebulizer. This portable electric machine converts liquid medication into a mist which the child breathes directly into the lungs through a mask. The medication is either XOPENEX or ALBUTEROL, both bronchodilators, which come as premixed vials of liquid.

HOW TO USE:

Place one vial of bronchodilator in the medication cup. This cup attaches to the long tubing which attaches directly to the nebulizer. Turn the machine on, hold the mask near the child's mouth and nose and allow him to breathe the aerosolized mist. This takes approximately five to seven minutes. If the child resists, try to page through a book or watch a video during the treatment. The 'neb' treatments are generally given every four (4) hours while awake. For sicker patients, we may advise you to administer nebs every two (2) to three (3) hours around the clock during the first day or two of illness. As the patient improves, the frequency decreases to 3 or 4 times daily and when the symptoms have completely resolved, the child can be weaned off the bronchodilator. This process may take 7-14 days.

For the first illness which requires neb treatments, you may rent the machine from a local pharmacy**, and plan on a two week minimum. If this is the second episode, you should consider purchasing the nebulizer (some insurance companies cover the cost, others do not; check with your carrier). Particularly if the first episode of wheezing occurs under one year of age, some children will have frequent, recurrent episodes, especially during respiratory infections. Others will recur only occasionally. If you notice recurrent or persistent cough and wheeze, begin the treatments.

** RENTAL/SALE OF NEBULIZERS

- Grieb's Pharmacy • 203-655-1000
1021 Post Road, Darien, CT
- Patient Aid Center • 203-327-5250
65 Stillwater Avenue, Stamford, CT
- Colonial Pharmacy • 203-227-9538
611 Post Road East, Westport, CT
- Professional Pharmacy • 203-323-9988
Tully Health Center, Stamford, CT
- Langs Pharmacy • 203-966-9593
136 Elm Street, New Canaan, CT

Sale Only

- Grannicks Pharmacy • 203-661-0150
277 Greenwich Avenue, Greenwich, CT
- Costco Pharmacy • 203-822-2002
Post Road, Norwalk, CT

HAND HELD INHALERS

By age five (possibly earlier), your child may be able to receive XOPENEX or ALBUTEROL by a hand-held inhaler together with a spacer device called an Aero-Chamber. This method is quicker than the nebulizer and more convenient to use, although it may not work as well if very severe wheezing and chest tightness are present.