噴霧器治療

Nebulizer Treatments

Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that you breathe into the airways of your lungs. Sometimes it is used for people who have a hard time using inhalers.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
    - If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
    - When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. **Sit down, relax and take normal, regular breaths in through your mouth.**

某些藥物需要通過噴霧器使用。噴霧器治療也稱作呼吸治療、氣霧劑治療或霧化器。噴霧器將液體藥劑轉化為細小的菸霧，從而更深入進入肺部的氣道。有時，難以使用吸入器的人需要使用噴霧器。

您使用噴霧器治療的頻率取決於：

- 您服用的藥物類型
- 您呼吸的短促程度或肺活量

採取治療

- 可使用面罩或管嘴接受治療，具體取決於您的身體條件。
    - 如使用管嘴，將管嘴放在口腔內，需穿過牙齒。用嘴唇密封管嘴周圍。
    - 如使用面罩，將面罩放在嘴巴和鼻子上。
- 開始治療之前，先檢查您的脈搏並記錄下來。
- 開始治療後，您將看到一股菸霧。**坐下，放鬆並用嘴正常、有規律地呼吸。**

- When all the medicine is used up, turn off the pump. The treatment will last about 10 to 15 minutes.
- Take a couple deep breaths and cough at the end of your treatment to bring up any loose mucus. Spit the mucus into a tissue and throw the tissue into the trash. Wash your hands.

Stop the treatment if:

- You feel light headed, dizzy or shaky.
- Your pulse rate gets much faster.

Wait a few minutes and if the symptoms go away, restart the treatment. If the symptoms do not go away, or if they come back when you restart the treatment, call your doctor. You may need to change your medicine or dose.

How to Prepare Your Medicine

Follow these steps to get your medicine ready to do the nebulizer treatment:

1. Wash your hands with soap and warm water. Rinse and dry your hands.
2. Gather your medicine and the nebulizer cup.
3. Check your medicine label to be sure it is the right medicine. Also check that you have the correct dose or strength of medicine your doctor ordered.

   Look at the expiration date on the label and be sure that your medicine is not out of date. If the date is past, you need to get new medicine.

- 當藥物全部霧化後，關閉氣泵。治療將持續10 至15 分鐘。
- 進行兩次深呼吸，在治療最後咳嗽兩下，帶出粘液。將粘液吐在餐巾紙上，並扔進垃圾箱。洗手。

如發生下列情況，應停止治療：

- 感到頭昏、眩暈或搖晃。
- 脈搏加快。

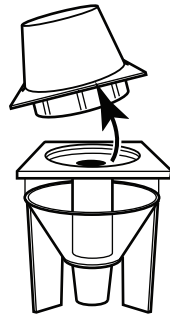等待幾分鐘，如果症狀消退，可繼續治療。如果症狀沒有消退，或在重新開始治療後又再次出現這些症狀，請向醫生諮詢。您可能需要換用其他藥物或改變劑量。

如何準備藥物

按照這些步驟，準備用於噴霧器治療的藥物：

1. 用肥皂和溫水洗手。沖洗乾淨並擦乾雙手。
2. 拿起您的藥物和噴霧器杯。
3. 檢查藥物標籤，確定這是您要使用的藥物。另外請檢查劑量是否正確，或藥劑強度是否為醫生所開具的。

   觀察標籤上的到期日期，確保您的藥物未過期。如已過期，您需要更換新藥。

4. Open the nebulizer cup.

4. 打開噴霧器杯。

5. Measure your medicine and put it into the nebulizer cup. Use only the amount of medicine your doctor ordered.
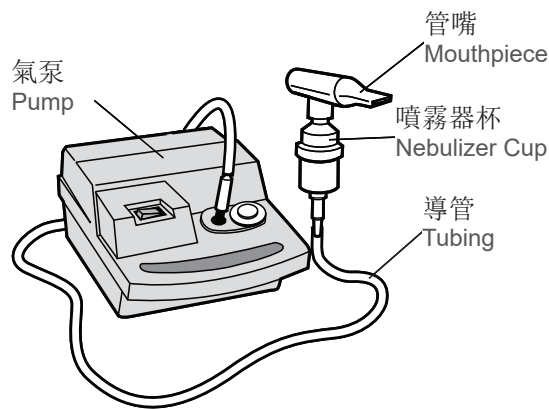
5. 取正確量的藥物，倒進噴霧器杯。僅使用醫生開具的藥物劑量。

6. Close the cup.

7. Keep the cup upright and attach it to the tubing and the mouthpiece or mask.

8. Check that the tubing is attached to the pump and turn the nebulizer pump on.

9. Relax and breathe in the medicine. Continue until there is no more mist.

氣泵
Pump

管嘴
Mouthpiece

噴霧器杯
Nebulizer Cup

導管
Tubing

6. 合上噴霧器杯。

7. 直立放置噴霧器杯，安裝導管和管嘴或面罩。

8. 檢查導管是否連接到氣泵，打開噴霧器泵。

9. 放鬆，吸入藥物。繼續，直至有更多菸霧冒出。

Clean Your Equipment to Prevent Infections

Clean the outside of the nebulizer pump and tubing **each week with a disinfectant wipe or damp cloth,** or as directed by the manufacturer.

Never put the pump or tubing in water.

Clean the nebulizer cup and the mouthpiece or mask after each use and as directed to prevent infections.

清洗設備以防感染

每週使用消毒濕巾或濕布清潔噴霧器泵和導管的外部，或按照製造商的產品說明書進行清潔。

切勿將氣泵或導管放入水中。

每次使用過後， 請按照說明**清洗噴霧器杯和管嘴或面罩，**以防感染。

After each treatment

1. Disconnect the cup from the tubing and from the mouthpiece or mask. Set the tubing aside until the next treatment.

2. Open the nebulizer cup and rinse the cup parts and the mouthpiece or mask under warm running water.

3. Shake off the excess water and place parts on clean paper towels to air dry.

4. Cover the parts with another clean paper towel until your next treatment.

5. Wash your hands with soap and warm water. Rinse and dry your hands.

At the end of each day

1. Wash the cup parts, mouthpiece or mask with liquid dishwashing detergent and warm water.

2. Rinse parts well with warm running water.

3. Place parts on paper towels to air dry. Cover with a clean paper towel until your next treatment.

One time each week or as directed

1. Soak the pre-washed parts in white vinegar solution for 30 minutes. All parts should be completely covered by the solution while soaking.

   - To make the solution, **mix 1 part white vinegar and 3 parts water**. For example, mix 1 cup of white vinegar with 3 cups of water in a container.

2. Rinse the parts well with warm running water.

3. Place the parts on clean paper towels to air dry. Cover with a second clean paper towel until your next treatment.

每次治療後

1. 從導管上拔下噴霧器杯和管嘴或面罩。放好導管，以備下一次治療使用。

2. 打開噴霧器杯，在溫水水籠頭下清洗杯體部分和管嘴或面罩。

3. 抖落多餘的水分，用乾淨的紙巾擦拭，然後晾乾。

4. 用另一張乾淨的紙巾蓋住，以備下一次治療使用。

5. 用肥皂和溫水洗手。沖洗乾淨並擦乾雙手。

每天结束时

1. 用洗潔精和溫水清洗杯體部分、管嘴或面罩。

2. 放在溫水水龍頭下徹底沖洗各部分。

3. 將各部分放在紙巾上晾乾。用一張乾淨的紙巾蓋住，以備下一次治療使用。

每週一次或根据說明

1. 將預先清洗的部件浸泡在白醋溶液中約30分鐘。確保各個部件被充分浸泡在溶液中。

   - 溶液的製作方法是，**將1 份白醋與3 份水混合**。例如，在容器內倒入1 杯白醋和3 杯水。

2. 然後放在溫水水龍頭下徹底沖洗各部分。

3. 將各部分放在乾淨的紙巾上晾乾。用另一張乾淨的紙巾蓋住，以備下一次治療使用。

Questions

- If you have questions about your nebulizer pump or you need new equipment parts, ask your equipment provider.
- If you have any questions about your medicine or the treatment, ask your therapist, nurse or doctor.

問題

- 如果對噴霧器泵有任何疑問，或您需要新的設備部件，請諮詢設備供應商。
- 如果對藥物或治療方法有任何疑問，請諮詢治療師、護士或醫生。

Nebulizer Treatments. Traditional Chinese.