

BREATHE EASY

Why Am I Using This Nebulizer?

Your physician has prescribed a nebulizer and medication for treatment of your breathing problems. A nebulizer takes a liquid medication and turns it into a mist that you breathe into your airways. The goal



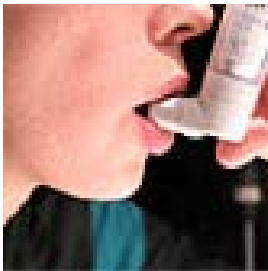
of the two medications discussed below is to help to keep your airways more open and reduce the amount of mucus in your airways. By doing this, symptoms such as difficult breathing, coughing, wheezing, tight chest, and shortness of breath can be reduced or eliminated. By keeping your condition well managed and stable, unnecessary hospitalizations and ER visits may be avoided. For the medication to work properly, ***it is very important for you to use the nebulizer exactly as ordered by your physician for proper treatment of your breathing problems.***

Your physician has ordered a nebulizer for you to use with the following types of medication:

Beta Agonist- _____ to be used _____ times every day

This medication is a “bronchodilator,” which means it helps to open up or “dilate” your breathing tubes also called bronchioles. It works by relaxing the muscles that surround these tubes, allowing air to get in and out more easily. Because the air passages are more open, it allows you to breathe deeper and this may assist you in coughing more effectively. This will help to clear your lungs of mucus, which is very important in preventing lung infections and pneumonia. The most commonly used bronchodilator is albuterol sulfate (aka, Proventil®, Ventolin®), but metaproterenol (aka, Alupent®) and others are used as well. The effect of this medication only lasts 3-4 hours, so it is very important to take it regularly, as ordered by your doctor.

Anticholinergic- _____ to be used _____ times every day



Anticholinergics block the effects of a chemical that causes our airway muscles to contract making the airways smaller and produce more mucus. Both of these are detrimental if you have breathing problems. By blocking this action, it helps to keep airways open and decreases mucus production. Ipratropium bromide (aka, Atrovent®) is the medication commonly used. In patients with COPD, chronic bronchitis, and emphysema, it is often used along with a beta agonist, as the two used together have been shown to produce more open airways than either medication used alone. The effect of this medication only lasts 4-6 hours, so it is very important to take it regularly, as ordered by your doctor.

Other medications ordered for use with your nebulizer include:

_____ to be used _____ times every day

_____ to be used _____ times every day