Nebulized Tobramycin

Use of this Medicine
Tobramycin is used to treat lung infections caused by *Pseudomonas* bacteria.

Dose
The dose is 80 mg twice a day by nebulization. Each vial contains 80 mg.

Supplies needed for one month of treatment
- 30 Tobramycin in 80 mg vials
- 100 sodium chloride packets (0.9% saline)
- 1 box (100) syringes with needles
- 1 box alcohol wipes
- 1 needle disposal box

How do I prepare the tobramycin?
Tobramycin comes in small vials. Store the unused vials at room temperature.
1. Before beginning, wash your hands with soap and warm water, or use anti-bacterial hand gel, to reduce the risk of infection.
2. Wipe off the top of the tobramycin vial with an alcohol wipe.
3. Use a needle and syringe to draw up ___mL of tobramycin and add it to the nebulizer cup.
4. Squeeze about 3 mL of normal saline into the nebulizer cup with the tobramycin.
5. Use a new needle and syringe for every treatment. Do not touch the needle to anything other than the tops of the medicine vials. If you do, throw it away and use a new one. Place used needles in a needle box and return the box, when full, to the clinic where you got your supplies.

How do I do the nebulizer treatment?
1. Attach one end of the smooth tubing to the air compressor and the opposite end to the nebulizer. Turn the air compressor on. A fine mist should be visible. If not, make sure the compressor is working by disconnecting the smooth tubing. Feel for air coming from the compressor. If the compressor is working properly, check all connections. If the nebulizer is still not misting, use a different nebulizer kit.
2. Place the mouthpiece in your mouth. Some small children use a mask over the mouth and nose rather than a mouthpiece.
3. Take slow, deep, even breaths through your mouth. Make sure the medicine cup is kept upright.
4. Continue the treatment until the medicine is finished (no mist comes out). If the medicine sticks to the side of the cup, gently tap the sides of the cup.
5. After the treatment is over, take the medicine cup apart, rinse in hot water, and allow it to air dry on a paper towel.

How often are treatments done?
Treatments are scheduled twice daily. If you have a bronchodilator inhaler, use it before you do the treatment. Your infection should improve or remain stable as you continue the treatment. If your infection does not improve or if it gets worse, call your doctor.

Are there any side effects?
Some people have
- Shortness of breath
- Increased coughing
- Changes in hearing
- Skin rash or hives
If any of these symptoms occur, call your doctor.

How do I clean and disinfect my nebulizer?

How do I clean and disinfect by hand?

To clean and disinfect by hand, you can use either vinegar and water method or rubbing alcohol method. If you have Cystic Fibrosis (CF) do not use the vinegar and water method.

Vinegar and Water Method
1. Take the nebulizer apart. Wash the pieces in warm soapy water.
2. Rinse with hot tap water.
3. Place the nebulizer pieces in a bowel and add enough vinegar and water solution to completely cover the equipment. Make the mixture of 1 part white vinegar (5% solution from your grocery store) to 2 parts water (1 cup vinegar to 2 cups water).
4. Soak the nebulizer for 30 minutes to 2 hours.
5. Rinse all of the parts of the nebulizer with sterile water. Do not use water from the faucet, bottled, or distilled water; it could be contaminated. You can make water sterile by boiling it for 5 minutes. Use this water once, and then throw it out.
6. Place the pieces on a paper towel to dry.
Rubbing Alcohol Method
1. Take the nebulizer apart. Wash the pieces in warm soapy water.
2. Rinse with hot tap water.
3. Place the nebulizer pieces in a bowl and add enough rubbing alcohol (isopropyl alcohol) to completely cover the nebulizer pieces.
4. Soak the nebulizer pieces for 5 minutes.
5. Rinse the nebulizer pieces with sterile water. Do not use water from the faucet, bottled, or distilled water. You can make water sterile by boiling it for 5 minutes. Use this water once, and then throw it out.
6. Place the nebulizer pieces on a paper towel to dry.

How do I clean and disinfect by heat?

Note: Use the following heat methods only for sturdy, hard plastic nebulizer cups. Heat cleaning may melt lighter, clear plastic nebulizers.

How do I clean and disinfect in the dishwasher
1. Take the nebulizer apart.
2. Place the pieces in a dishwasher basket on the top rack of the dishwasher.
3. After the dishwasher cycle is done, remove the pieces and shake out the extra water.
4. Air-dry the nebulizer pieces on a paper towel.

How do I clean and disinfect in the microwave?
1. Take the nebulizer apart. Wash the pieces in warm soapy water.
2. Rinse with hot water.
3. Place the nebulizer pieces in a bowl. Add enough water to completely cover the nebulizer pieces.
4. Microwave for 3-5 minutes; shorter time in high power microwaves to keep the nebulizer from melting.
5. Place the nebulizer pieces on a paper towel to dry.

Equipment
If you have questions or need more supplies, call UW Home Health at (608) 203-2273.