Nebulized Lidocaine

Your doctor has ordered a nebulized Lidocaine treatment. Lidocaine is a medicine that numbs the throat and airways to temporarily stop coughing. Do this treatment ____________ times a day, as needed.

**You should not eat or drink for one hour after the nebulizer treatment, to prevent inhaling food or liquid from a numb airway.**

Nebulized Lidocaine is not prescribed for home use in children under 8 years old.

**The Nebulizer**
A small volume nebulizer (neb-U-lie-zer) is a device that holds liquid medicine. The medicine is turned into a fine mist by a small air compressor. The mist of medicine is deeply inhaled into the airways and lungs. A nebulizer treatment of one dose of medicine will take about 10 to 20 minutes to finish.

**The Equipment**
You have been given the equipment listed below to do a small nebulizer treatment of 1% lidocaine solution.
- An air compressor
- A small volume nebulizer kit
- Syringes, dispensing pins, and alcohol wipes

**The Treatment**
1. Wash your hands well with soap and water.
2. Plug the air compressor into an electrical outlet. Make sure the compressor is on a hard surface such as a table. Connect the long smooth tubing to the compressor outlet. Be sure to follow the manufacturer’s directions to either clean or change the compressor filter occasionally.
3. Before you draw up the medicine, wipe the top of the lidocaine bottle with alcohol. Insert the dispensing pin through the top of the vial to remove fluid from the vial. After inserting the dispensing pin, remove the medicine by screwing the syringe onto the dispensing pin. Draw out 3 mL of Lidocaine and place it in the nebulizer cup. The dispensing pin can then be capped and can remain in the vial until the vial is empty.
4. Place the mouthpiece and extension tubing on the T-piece. Connect the T-piece onto the nebulizer. If using a mask, place the mask directly on the nebulizer cup. Attach smooth tubing from the compressor to the nebulizer and turn on the compressor.
5. 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, check all connections. If the nebulizer is still not misting, use a different nebulizer kit.

6. Place the mouthpiece in your mouth, or place the mask over the face.

7. Take slow deep breaths through the mouth. Hold your breath briefly on each inhale (breathing in). Exhale (breathe out) slowly.

8. Make sure the medicine cup is kept upright.

9. **Stop the treatment and call your doctor right away if you notice any side effects or reactions to the medicine.** Side effects include:
   - Trouble breathing
   - Racing heart
   - Nausea or vomiting

10. Continue the treatment until the medicine is finished (no mist comes out). If the medicine sticks to the sides of the cup, gently tap the sides of the cup.

11. After the treatment is over take the medicine cup apart, rinse in hot water, and allow it to air dry on a clean towel.

**How Do I Clean and Disinfect My Nebulizer?**

The nebulizer must be cleaned and disinfected **twice a week** to destroy germs. Cleaning and disinfecting your lidocaine nebulizer by hand or by heat method is very important in order to prevent infection and keep the nebulizer working well.

**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, contact your Home Equipment Provider.