

Mom's Guide to Nebulizing

Tips to help make nebulizing easier for your child. And for you.

What is a nebulizer? A nebulizer is a device that turns liquid medicine into a fine mist, it helps your child inhale his or her medicine through the mask or mouthpiece and into the lungs. Getting your child to use the nebulizer may take some work on your part, but the best part is that your child just has to breathe naturally. Take a look at some tips from other parents on how they made nebulizing easier for their child.



Make it special for your little one

- ✿ Let your toddler sit on your lap, and make it your special time together
- ✿ Bring out toys that are only used during nebulizing
- ✿ Make nebulizing time family time — an older child can read a story or play a game so nebulizing doesn't seem so unusual
- ✿ Sing to your child or watch a short DVD or video together

Have fun with the mask

- ✿ Before using the nebulizer for the first time, let your child play with the mask and become familiar and comfortable with it while the nebulizer is not connected
- ✿ Have a favorite stuffed toy or doll wear the mask first, and then place the mask on your child
- ✿ Use a special mask, such as one decorated with dinosaurs, and give the nebulizer a creative name, like a fire breathing-dragon



Involve your child

- ✿ If your child is old enough, let him or her be “in charge” of nebulizing by putting on the mask or turning the machine on and off
- ✿ Let your child mark the calendar after nebulizing
- ✿ Reward your child afterwards with a favorite book or TV show or a healthy treat
- ✿ Get fun stickers and let your child decorate the nebulizer

Get into the routine

- ✿ Use the nebulizer at the same time each day so that your child knows what to expect
- ✿ Try nebulizing as part of your morning routine between eating breakfast and brushing your child’s teeth—sometimes the medicine can leave a bad taste in the mouth

Indication:

PULMICORT RESPULES is developed and approved specifically for children 12 months to 8 years of age, to help prevent asthma symptoms that could lead to an attack.

PULMICORT RESPULES, an inhaled corticosteroid, is not a quick-relief bronchodilator medication and should NOT be used to treat an acute asthma attack

Important Safety Information

- Inhaled corticosteroids may cause a reduction in growth rate. The long-term effect on final adult height is unknown
- If switching to PULMICORT RESPULES from an oral (syrup or pill) corticosteroid, follow the doctor's instructions to help avoid health risks
- Tell the doctor if your child is exposed to chicken pox or measles
- Side Effects: In studies, side effects included respiratory infection, runny nose, earache, and coughing

Talk to your doctor about PULMICORT RESPULES.

Please see accompanying full Prescribing Information.

Mom's Guide to Nebulizing is to be used as a reference only. It is not to be used in place of consultation with a physician.

