

**ANDREW B. NEWMAN M.D.**  
**3351 El Camino Real, Suite 200**  
**Atherton, CA 94027**  
**(650) 328-5222**

## **NEBULIZER INSTRUCTIONS**

### **Instructions for Ipratropium**

You will be inhaling a **mixture** of 3 medications - two times a day – morning and evening:

- Ipratropium (2 times a day)
- Pulmicort (budesonide) (2 times a day)
- Brovana, or Perforomist, or Levalbuterol (2 times a day)

### **Instructions for Yupelri**

You will be inhaling a **mixture** of 3 medications in the morning and 2 medications in the evening:

- Yupelri (only once a day - morning)
- Pulmicort (budesonide) (2 times a day)
- Brovana, or Perforomist, or Levalbuterol (2 times a day)

### **Using the Nebulizer**

Empty the contents of each of the 3 medicine's plastic containers into the medicine cup that is connected to the hose from the nebulizer.

Take the hose and mouthpiece and place it in your mouth – then breathe the contents for 7 minutes. Just breathe normally – no need to take really big breaths.

At the end of the 7 minutes there will be liquid and bubbles left in the nebulizer cup, which you can discard.

Wash the nebulizer cup after each use, with the same level of cleanliness that you would do for your coffee cups. Some nebulizer cups are dishwasher safe – check with the manufacturer instructions about that.

More information about using your nebulizer is available from the National Library of Medicine/ National Institutes of Health: <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000006.htm>

Information and video from the National Jewish Hospital: <http://www.nationaljewish.org/healthinfo/medications/lung-diseases/devices/nebulizers/instructions/>