



## Bronchiolitis: How to Suction and Care for Your Baby

### How do I suction my baby at home?

Several types of devices are available for use at home to clear your baby's nose of mucus. Your baby will sleep better, eat and drink easier if their nose is clear. A **bulb nasal suction device** is used to remove mucus or spit-up/breast milk from your baby's nose and mouth. A **battery operated nasal aspirator** provides suction that is stronger than a traditional bulb nasal suction device to remove mucus from your baby's nose and mouth. Suction your baby's nose before a feeding. If you suction after your baby has been fed, the saline and suctioning may cause vomiting. Either device you choose to clear your baby's nose, using it properly, will ensure that your baby can breathe, eat and sleep easier.

### How to use a bulb nasal suction device:

1. Squeeze the air out of the round end of the rubber bulb.
2. With the bulb still squeezed, put the open tip in one side of your baby's nose.
3. Slowly let go of the bulb. This causes the mucus to be pulled out of the nose and in to the bulb.
4. Remove the bulb from the nose. Squeeze the bulb in to a tissue to get rid of the mucus.
5. Repeat on the other side of the nose.
6. Gently wipe off any mucus or spit-up around the nose and mouth with a tissue.
7. Do not try to clean out the nose with a cotton swab (Q-tip). This can push mucus in deeper and make it harder to get out.
8. If you can't get the mucus out of the nose because it is thick or dry, your doctor may recommend using saline nose drops.



### How to clean the bulb nasal suction device:

1. Squeeze cool soapy water in to the bulb. Squeeze and let go of the bulb several times. This rinses out the inside of the bulb and removes the water and mucus.
2. Squeeze tap water in to the bulb and then squeeze out to rinse. Let the bulb dry.
3. Do not wash in the dishwasher.

### How to use a battery operated nasal aspirator:

1. Choose the correct tip based on the size and shape of your baby's nostril. Use the guidelines provided with the device you have purchased.
2. Hold the baby upright and insert the tip in to the baby's nose. To activate the suction to clear the mucus, press and hold the power button.
3. Use care not to place the tip too far in to the nostril or press against the inside wall of the nostril.
4. Keep the tip of the aspirator at a 90 degree angle.
5. Do not point the tip up in to the nostril.
6. Allow the suction to clear the mucus.
7. Repeat in the other nostril as needed.
8. Clean using the instructions provided with your device.



**Battery operated nasal aspirators can be purchased at most Walgreens in the Wichita and Derby area.**

**Use of nasal saline drops:** When your baby's nose is hard to suction because the mucus is thick, a little bit of salt water (saline nose drops) can be dropped in to the nose before suctioning. You can buy saltwater nose drops at any drug store. Use 1 to 2 drops of saline solution unless otherwise directed by your child's physician.

### Special Reminders:

1. Be sure no one in the house smokes. Smoke can be very bad for babies, especially babies with bronchiolitis.
2. Wash your hands frequently especially before and after handling your infant. Hand washing is the best way to prevent the spread of infection.
3. Bronchiolitis is spread through the air and on surfaces such as toys or tabletops. An older person, sibling or parents can have the virus but it may appear to be a cold. Babies who are around people with cold symptoms can become infected. Anyone who has contact with your baby should wash their hands before and after touching your child.
4. People do not become immune to the virus, which means you can become infected with many times. Use saltwater nose drops and suction on your baby's nose if stuffy and congested before feedings or putting your baby to sleep.
5. Do not give decongestant nose drops or any antihistamine or other cold medications unless told to do so by your physician.