

How to Use a Manual Nasal Aspirator

When your baby's nose is stuffy, a manual nasal aspirator can help clear it and make your baby more comfortable.



The Basics:

Babies sometimes need help clearing their noses so they can breathe better. Babies may have a hard time breathing when:

- They have a cold and the nose is stuffed up with mucus
- They spit up milk or formula after feeding and it comes out through the nose

A manual nasal aspirator is a simple way to clear your baby's nose. It uses gentle suction created by you to pull mucus or fluid out of the nose.

When mucus is thick, it won't pull into a manual nasal aspirator easily. Putting a couple of drops of saline (saltwater) solution into your baby's nose can help loosen thick mucus. You can buy saline solution at drugstores and most supermarkets. Or you can make your own by dissolving $\frac{1}{4}$ teaspoon salt in 1 cup (8 ounces) of water. Make a fresh supply each day

Care Instructions:

- If your baby has a stuffy nose, the best time to clear it is right before feedings. This makes it easier for your baby to nurse or take a bottle. When you are ready to feed your baby, have the manual nasal aspirator nearby so you can remove any milk or formula that comes up into your baby's nose and makes breathing difficult
- To keep your child's nose from getting sore, don't use the manual nasal aspirator more than 3 times a day

To Use the Manual Nasal Aspirator:

- Place a filter in the smaller chamber with the hose attached
- Put together the 2 chambers with the filter inside the end with the hose
- Lay your baby down on his or her back

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- Look inside your baby's nose:
 - If you see thick mucus, use a clean dropper to put one or two drops of saline solution in each nostril
 - If you see thin mucus or spit-up in the nose, you do not need to use saline solution
- Place the nozzle slightly inside your baby's nose. Point the nozzle straight back and not up toward the eyes
- Gently apply suction with your mouth through the mouthpiece at the end of the hose. Mucus will collect in the large chamber. The filter prevents the mucus from leaving the large chamber
- Repeat on the other side of the nose
- Your baby should now be able to breathe better

To Clean the Manual Nasal Aspirator:

- Take apart and wash all parts with soap and warm water
- Throw away the filter. Always use a new filter
- Allow the parts to dry completely
- Store in a dry place away from children

Call Your Health Care Professional if:

- Your baby has a cough or is breathing quickly
- Your baby has trouble feeding
- You are concerned about how much your baby is spitting up

Go to the ER if:

- Your baby seems to have trouble breathing