

## Nebulized Dornase Alfa or Pulmozyme

Dornase is an enzyme which breaks down protein bonds that cause your respiratory mucus to be thick. Using Dornase daily makes it easier for you to cough up mucus. Dornase is clear and comes in a sterile plastic vial. Keep it in the fridge and protect it from light in its original package. If the medicine looks cloudy or discolored, throw it away.

### Dosing

Each treatment is 2.5 mg once daily using a nebulizer. Each vial contains 2.5 mg. One vial is used for each treatment. **Do not** mix Dornase with any other drug or liquid.

### Side Effects

Common side effects include:

- Voice changes
- Sore throat
- Laryngitis
- Chest pain
- Redness of the eyes

These side effects go away within a few weeks after the first treatment. If they do not go away, check with your doctor, nurse, or pharmacist.

### Nebulizer Treatment

Dornase comes as a liquid and needs to be made into a mist so it can go deep into your lungs. There are different air compressors and nebulizer cups that you may use with this medicine. Ask your provider if your compressor and nebulizer cup can be used with this medicine.

### How to Use Dornase

1. Wash your hands with soap and warm water, or use anti-bacterial hand gel, to reduce the risk of infection.

2. Place the contents of one vial of Dornase in the nebulizer cup and throw the empty vial away.
3. Attach the mouthpiece and tubing to the nebulizer cup and turn on the air compressor.
4. Take a slow deep breath and hold for 5 seconds every few breaths. Holding your breath helps the Dornase deposit in your lungs.
5. The treatment will last between 6-12 minutes depending on the type of nebulizer and air compressor you use.
6. If instructed, wear a percussion vest during the nebulizer treatment

### Cleaning and Disinfecting the Nebulizer

If not cleaned well, medicine left in the nebulizer can form a thick substance and cause a clog and reduce the amount of medicine sent to the lungs. Bacteria can also enter the lungs if the equipment is not cleaned and disinfected daily. To clean and disinfect by hand, you can use either:

- Vinegar and water method
- Rubbing alcohol method

### “Sterile Water”

Each method requires using sterile water for rinsing. **Do not** wash your nebulizer cup and mouthpiece with water directly from the faucet, bottled water or distilled water. Instead, use sterile water. To make sterile water:

1. Boil water from the faucet, bottled water or distilled water on the stove for 5 minutes.
2. Let the water cool down before rinsing your nebulizer cup and mouthpiece in the water.

### **Rubbing Alcohol Method**

1. Take the nebulizer cup apart from the tubing. **Do not** wash the tubing.
2. Wash the pieces in warm soapy water and rinse with hot tap water.
3. Place pieces in a bowl and cover with rubbing alcohol (isopropyl alcohol). Soak for 5 minutes.
4. Rinse the pieces with **sterile water**.
5. Place the pieces on a paper towel to dry.

### **Vinegar and Water Method**

**Do not** use this method if you have cystic fibrosis (CF).

1. Take the nebulizer cup apart from the tubing. **Do not** wash the tubing.
2. Wash the pieces in warm soapy water and rinse with hot tap water.
3. Place the pieces in a bowl.
4. Make the mixture of 1 cup vinegar to 2 cups water.
5. Add enough vinegar and water mixture to the bowl to completely cover the pieces. Soak for 30 minutes to 2 hours.
6. Rinse all the pieces with **sterile water**.
7. Place the pieces on a paper towel to dry.

### **Heat Method**

Use the heat methods only for sturdy, hard plastic nebulizer cups. Heat cleaning may melt lighter, clear plastic nebulizers.

### **Dishwasher Method**

1. Take the nebulizer apart.
2. Place the pieces in a dishwasher basket on the top rack.
3. After the dishwasher cycle is done, shake out the extra water and place on paper towel to dry.

### **Microwave Method**

1. Take the nebulizer apart.
2. Place in a bowl and cover with warm soapy water.
3. Microwave for 3-5 minutes. Shorten time in high power microwaves to keep the nebulizer from melting.
4. Rinse with hot water. Place pieces on a paper towel to dry.

### **When to Call**

Call your doctor **right away** if you have:

- Trouble breathing
- Skin rash

### **Who to Call**

If you have questions about your equipment or need more supplies, call UW Health Care Direct: **(608) 203-2273**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©6/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4932