Health Facts for You

UW Health

eFlow Nebulizer

The eFlow is an electronic nebulizer and air compressor, which makes a breathing treatment go faster. Inside the eFlow, there is a stainless-steel membrane that has tiny holes which make a fine mist that is breathed in and out of your lungs. When the treatment is done, there will be no medicine left.

How do I assemble the eFlow nebulizer?
The eFlow nebulizer has several parts.
1. The medicine reservoir is attached to the aerosol chamber by a hinge. By gently pulling up on the tab of the reservoir, the chamber is released.
2. Next, gently touch the plastic outer ring of the aerosol head and press the two plastic tabs on the sides to insert it into the reservoir. **Do not touch the metal part of the aerosol head.**
3. Press the blue inspiratory valve into the groove on the aerosol chamber with the letters "VMQ" facing the mouthpiece.
4. Snap the nebulizer closed.
5. The medicine cap has two parts: a cap and a seal. Take off the seal from the cap using both hands with the ridges facing upward.
6. Press down on the center of the cap.
7. To put the seal back, have the rubber valve facing up like a bowl.
8. Line up the four snap locks with the 4 prongs and push up into the cap.

What powers the eFlow nebulizer?
The eFlow can be powered two ways:
- The base or control unit contains 4 AA batteries to make it easy to carry with you.
- It can also be plugged into AC power. Remove the eFlow from the cradle and snap the cord onto the rear underside of the eFlow. Slide the other end of the cord into the cradle making contact with the metal power plate. Turn the eFlow on.

How do I do my treatment?
1. Before starting the treatment, wash your hands with soap and warm water, or use anti-bacterial hand gel, to decrease the risk of infection.
2. Make sure the medicine is at room temperature.
3. Place the nebulizer into the control unit as far as it will go.
4. Pour the medicine into the reservoir and close the medicine cap by lining up the tabs with the slots in the reservoir.
5. Turn the cap clockwise as far as it will go.
6. Press and hold the on/off button for one second. Once you hear a beep and the light turns green, the eFlow is on. Mist will appear from the mouthpiece.
7. Close your lips around the mouthpiece and take slow deep breaths in through your mouth.
8. Hold the breath briefly on each inhale.
9. Exhale slowly.
10. Hold the eFlow level.

How will I know when my treatment is done?

When all the medicine has been inhaled, the "treatment complete alarm" will sound. This is 2 beeps and 2 green lights. The eFlow will shut off by itself. If you must stop the treatment at any point, press and hold the on/off button for one second. To start again, press and hold the on/off button for one second. After each treatment, take it apart for cleaning.

How do I clean the eFlow?

The eFlow needs to be cleaned as soon as possible after every treatment with liquid soap. **Do not** use "white" liquid soap such as Ivory® dish soap or antibacterial soaps. These may contain additives that are harmful to the eFlow. Disinfect the eFlow nebulizer daily.

1. Take off the medicine cap, cap seal, and mouthpiece.
2. Release the aerosol chamber by pulling up on the tab of the medicine reservoir.
3. Take off the aerosol head without touching the metal part and take off the inspiratory valve.
4. Rinse all the pieces under running warm tap water for 10 seconds.
5. Rinse both sides of the aerosol head for 10 seconds on each side to prevent clogging and make sure it is working.
6. Wash the aerosol head in warm soapy tap water separately to avoid other parts from touching the metal part. Wash the other parts in the same water.
7. The final rinse is with sterile water and air dry on a clean lint free towel.

If you are using the Trio® E-flow® device for several different medicines, **use separate handsets for each medicine or different screens.** If you do not have separate handsets, repeat steps 1-4. If using the Altera E-flow®, use only with Cayston®.

How do I disinfect the eFlow?

Always clean the eFlow first. Then disinfect daily using the cold or heat method below.

Cold Method

1. Control III
2. Soak in 3% hydrogen peroxide for 30 minutes. Make sure all the parts are completely covered.
3. Rinse all the parts well in sterile water. **To make sterile water, boil your tap water for 5 minutes**. Let the water cool. You can make up a gallon of water at a time, but only use it once. **Do not** pour used water back into the gallon. Air-dry on a clean towel.

Heat Method

- Use an electric steamer such as Nuk Quick 'n Ready®.
- Do **not** microwave, due to metal mesh screen inside the nebulizer.

The control unit can be wiped down with a damp cloth. Avoid liquids on the inside of the battery compartment.