

## Instructions for Parents and Other Family Care Givers NASAL SUCTIONING

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### Why does the baby need to be suctioned?

When babies have bronchiolitis, the nose can often get plugged with thick secretions. Suctioning is used to clear the baby's nose of extra secretions. Babies younger than 6 months normally breathe through their nose. Taking the secretions out of the baby's nose with the bulb suction makes it easier for him/her to breathe and eat. Studies have also shown that babies may also respond better to medication delivered by mask following nasal suctioning.

### When should the baby be suctioned?

You do not need to suction an infant routinely. Signs that the baby may need their nose suctioned include:

- Secretions that spill out of the nose
- Nasal congestion or stuffy nose
- Noisy Breathing (snorting or snuffly sounds)

Babies less than 3 months of age may feed better if you suction the nose before feeding. Do not suction the baby immediately after feeding.

### How to suction the baby's nose.

Sometimes it is hard to suction secretions out of the nose because they are very thick. When this happens, putting saline (salt water) drops into the nose will help to loosen the secretions. You can make a saline solution easily by thoroughly mixing 1/2 teaspoon of salt to 1 cup of warm water in a clean jar that has a tight lid. The solution can be kept for one week and then should be discarded.

- Drop 1-2 drops of saline solution into each nostril to help thin the secretions.
- To suction squeeze the air out of the bulb before inserting into the nostril.
- Gently place the tip of the bulb into a nostril.
- Slowly allow air to come back into the bulb. This will produce suction and pull the secretions out of the nose and into the bulb. Repeat this if there are still lots of secretions.
- You may find more secretions are removed when you close the other nostril with your finger.
- Squeeze mucus out of bulb into a tissue. Make sure that the bulb suction is empty.
- Suction the other nostril the same way.
- Gently wipe off the mucus around the nose with tissues to prevent skin irritation.

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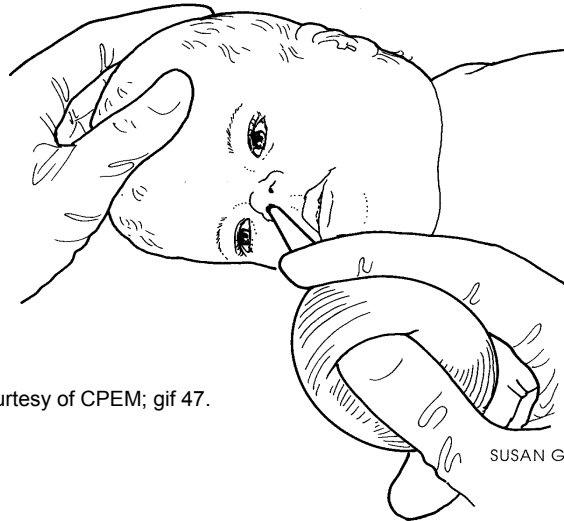


Image courtesy of CPEM; gif 47.

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## How to clean the bulb suction.

Clean the bulb suction after you are finish suctioning your child.

- Squeeze the air out of the bulb and insert into a fresh, clean cup with soapy water.
- Squeeze the bulb several times to clean out the mucus.
- Rinse well with clean water and squeeze the bulb to remove all of the excess water.
- Allow the bulb suction to air dry.

## Questions?

If you have any questions regarding the child's care for bronchiolitis, and if you need more instructions regarding nasal suctioning, do not hesitate to contact the Nursing Station or Health Centre.

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