



## USING A BULB SYRINGE

### GENERAL INFORMATION

A bulb syringe may be used to clear an infant's mouth or nose of a liquid such as milk, formula or mucus. Babies breathe primarily through their noses. If your baby's nose is congested from mucus or spit up, they may have difficulty breathing or eating. You can use the bulb syringe to clear his/her mouth and nose to help him/her. Always suction the mouth before the nose if you need to clear both areas.

- ◆ *You can buy a bulb syringe that has a bulb that opens for better cleaning and drying.*
- ◆ *There are also battery operated nasal aspirators that come with disposable tips, however, these can be expensive.*

### **NOTE: AVOID USING BULB SYRINGES UNLESS ABSOLUTELY NECESSARY.**

- ◆ *Use the bulb syringe only when necessary. Frequent use of the bulb suction can cause irritation, swelling or bleeding of nasal tissues.*
- ◆ *Try to avoid suctioning too soon after the baby has eaten, as this can cause gagging and vomiting.*

### HOW TO USE THE BULB SYRINGE\*

- ◆ Squeeze the bulb until it is collapsed. Place it in one side of the baby's mouth, or into one nostril and release quickly. This will bring the formula or mucus into the bulb.
- ◆ Remove the bulb and then squeeze it quickly into a tissue to get rid of this material.
- ◆ Repeat for the other side of the mouth or other nostril.

### CLEANING THE BULB SYRINGE

- ◆ Cleaning the bulb after use will help prevent the spread of germs.
- ◆ It is impossible to completely clean the inside of the bulb; therefore, it is recommended that you replace the bulb syringe after 24 hours of use.\*\*
- ◆ To clean the bulb syringe, place the tip in hot soapy water then squeeze and release the bulb several times.
- ◆ Rinse by repeating the process with clean, hot water.

\* This applies to hospital kind-rubber-basic bulb syringes.

\*\* If you have purchased a bulb syringe, please, read and follow manufacturer's guidelines in regards to proper use and safe cleaning first.