

What is a Nebuliser?

A nebuliser works by turning liquid medicine into a fine mist which you can breathe easily into the lungs, via a mouth piece or mask. A nebuliser can be useful for some people with asthma or COPD, however many clinical trials have found spacers used with a bronchodilator ('reliever') medicine to be equally as effective.

Spacers are as effective as a nebuliser; they are also faster and easier to use, more portable, cheaper, and not dependent on a power supply.

Only a small number of people need a nebuliser. They are most commonly used if someone finds using a metered-dose ("puffer") inhaler and a spacer difficult to use.

A nebuliser should be used strictly under the directions of a healthcare practitioner.

Those who might benefit from a nebuliser include:

- Some older adults with chronic respiratory disease who get better relief of symptoms with a nebuliser;
- People with disabilities or people who are unable to use hand-held inhalers and spacers;
- People using medication or hypertonic saline that needs to be nebulised e.g. those with cystic fibrosis or bronchiectasis;
- People who are recommended a nebuliser by their healthcare practitioner.