Using a Bulb Syringe

WHEN TO USE THE BULB SYRINGE

A bulb syringe is used to clean your baby's nose and mouth. You may use it when your baby spits up, has a stuffy nose or sneezes. Babies cannot blow their nose so you need to help clear their airway. This is important so your baby can suck on a bottle or breast and still be able to breathe.

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USING THE BULB SYRINGE

- Squeeze the air out of the bulb, flattening it.
- While the bulb is still flattened, gently place the tip in one nostril and slowly and gently release the bulb. This suction will pull the formula or mucus out of the nose and into the bulb.
- Remove the bulb syringe from the nose. Squeeze the bulb quickly into a tissue to get rid of this mucus. Repeat for the other nostril (and mouth, if needed).

CLEANING THE BULB SYRINGE

Clean the bulb syringe every day with hot soapy water.

- Clean the inside of the bulb by squeezing the bulb while the tip is in the soapy water.
- Rinse by squeezing the bulb while the tip is in clean hot water.
- Store the bulb with the tip side down on a paper towel.

USE THE BULB IN COMBINATION WITH SALT WATER NOSE DROPS

- Dry suctioning can irritate baby's nostrils.
- Salt water nose drops moisten baby's congested nose and loosen secretions before suctioning.

HOW DO I GET THE DROPS?

- You can buy the drops over the counter (without a prescription).
- You can make the drops yourself:
  - One cup of warm water.
  - Add 1/2 teaspoon salt, and stir.
  - Store at room temperature.
  - Make a new batch every day.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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