



## SUCTIONING YOUR BABY'S NOSE WITH A BULB SUCTION

This pamphlet is to be used for Newborns and infants up to 3 months of age and along with the pamphlet: Bronchiolitis and RSV, index # 135.20.01e

### WHY DOES MY BABY NEED TO BE SUCTIONED?

When babies have bronchiolitis, their nose can often get stuffy or plugged because of mucus (snot or nasal secretions). Suctioning helps to clear the baby's nose of extra secretions. Babies younger than 6 months normally breathe through their nose. Clearing the secretions out of the baby's nose with the bulb suction makes it easier for him or her to breathe and eat.

### WHEN SHOULD I SUCTION MY BABY?

You do not need to suction your baby's nose routinely. Babies less than 3 months of age may breast feed or drink their bottle better if you suction the nose before feeding. Suctioning after feeding may cause vomiting.

### HOW WILL I KNOW IF MY BABY NEEDS SUCTIONING?

Signs that your baby may need their nose suctioned include:

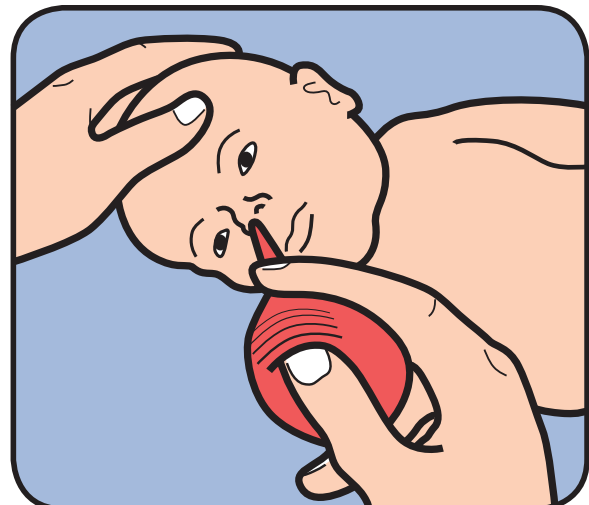
- Runny nose
- Nasal congestion or stuffy nose
- Noisy Breathing (snorting or snuffly sound)

### HOW DO I SUCTION MY BABY'S NOSE?

Sometimes it is hard to suction mucus out of the nose because it is thick or dry. If this happens, putting saline drops into the nose will help to loosen the mucus.

You can buy saline drops at pharmacies or make them easily at home by mixing 2 teaspoons of salt (10mL) to 4 cups of water (1000mL). Stir until all the salt is dissolved. Keep the solution in a clean covered jar or container. Dump out the salt solution after 1 week.

- Wash hands with soap and water, dry with a clean towel.
- Using a "dropper", put 1 to 2 drops into each nostril unless your doctor or nurse tells you differently. This will help to thin the mucus.
- To suction the nose, hold the bulb in one hand with the tip placed between your fingers. Using your thumb squeeze the air out of the bulb.
- Continue holding the squeezed bulb and gently place the tip of the bulb into the entrance of the nostril.
- Slowly pull back your thumb to allow air back into the bulb. This makes the suction and pulls the mucus out of the nose and into the bulb.
- Squeeze mucus out of the 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 keep the skin healthy.
- Wash your hands.



## HOW DO I CLEAN THE BULB SUCTION?

To clean the bulb suction after you are finished suctioning your baby:

- Squeeze the air out of the bulb and insert into a clean cup of soapy water.
- Release your squeeze on the bulb to suck up the soapy water
- Squeeze the bulb again to push out the soapy solution.
- Repeat those steps several times until all the mucus is cleaned out of the bulb.
- Repeat the same steps several times with clean water to rinse the bulb of any soap.
- Allow the bulb suction to air dry.

## WHAT IF I HAVE QUESTIONS?

If you have questions or concerns about your baby, call your doctor or Health Links – Info Santé 24 hours a day at 204-788-8200, or toll free at 1-888-315-9257.