



Using a Bulb Suction Aspirator on Your Baby

What is a bulb suction aspirator?

A bulb suction aspirator is a soft hollow rubber ball with a long tip. You use it to remove mucus from your baby's nose.

When should I use a bulb suction aspirator?

Most babies who are 1 to 2 months old breathe mainly through their noses, so it's important to keep your baby's nose clear. Your baby's nose can be especially stuffed

up during a cold or after spitting up or throwing up (vomiting). Most often, you will use the bulb suction aspirator just before feeding your baby and before she sleeps.

Important tip

Suctioning may be uncomfortable and stressful for your baby. Be sure to give your baby time to catch her breath in between suctionings.

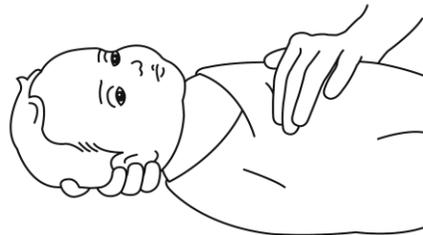
Remember to suction your baby's nose only if it's blocked with mucus or throw up (vomit). If you use the aspirator too much, your baby's nose may get irritated and swollen.

This Family Education Sheet is available in [Arabic](#) and [Spanish](#).

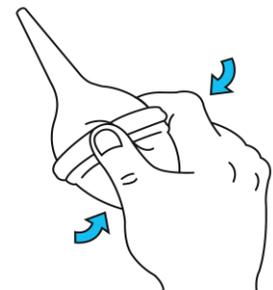
How to use a bulb suction aspirator



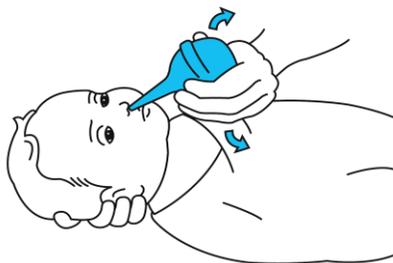
1 Wash your hands.



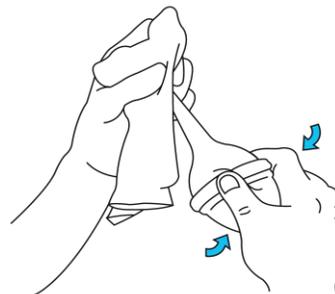
2 Place your baby flat on her back. Wrap your baby in a blanket to keep her arms from moving. Or, you can have another person hold your baby's arms.



3 Squeeze the aspirator away from your baby. Then firmly place the end of the bulb into the tip of your baby's nostril to make a seal. Put it in just about one-quarter (1/4) of an inch.



4 Once the tip of the aspirator is in the nostril, release your squeeze on the bulb to let air back into it. This will pull mucus out of your baby's nose.



5 Remove the aspirator from the nostril and squeeze the bulb into a tissue. This clears the mucus from the aspirator.

6 Repeat steps 3, 4 and 5 with the other nostril.



7 When you finish, clean the aspirator inside and out with warm soapy water. Rinse it well, drain it and let it air dry. Wash it after every time you use it and store it in a clean place.

8 Wash your hands.