

A bulb syringe clears mucus out of the nose or excess saliva out of the mouth. This helps your child breathe easier, which will help them eat and sleep better.

A stuffy nose is caused by dried mucus. To loosen up dried mucus, use warm water or saline (salt-water) nose drops. To make saline nose drops, add ½ teaspoon salt to 1 cup of warm water. Put 2 to 3 drops into each nostril while your child is lying on their back. Use the bulb syringe after the drops are in your child's nose.

How do I use the bulb syringe?

1. Hold your child's head still so it does not move. If you are trying to clear mucus from the mouth, keep your child's head turned to the side.
2. Squeeze the bulb syringe to create suction.
3. Put the tip of the bulb syringe gently into one side of the nose, or into the lower side of the mouth.
4. Release the suction on the syringe. Mucus or saliva will be drawn into the bulb syringe.
5. Squeeze the contents of the bulb syringe on a tissue.
6. Repeat Steps #1 through #5 on the other side of the nose or mouth to clear the mucus or saliva.
7. After use, clean the syringe well with hot water and soap. While the tip of the syringe is in the soapy water, squeeze and release the bulb. This will fill the syringe with hot, soapy water. Then take the tip out of the water. Squeeze the bulb again to empty the syringe. Repeat this process with clean, hot water to get the soap out of the syringe.
8. Do not use the same bulb syringe for another child.
9. Get a new bulb syringe if you notice it has a foul odor or the rubber starts to break down.



ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.