Suctioning the Nose: Human-Powered Nasal Suction Tube

A nasal aspirator is a tube you use to suction mucus out of your child’s nose and the back of their throat (Picture 1). It’s often used with babies and children who are too young to clear their own noses. Sucking on the tube (human suction) lets you control how fast air moves through the tube.

How to Use

1. Make sure you have a new, clean filter in your aspirator.
2. Lay your child down on a safe surface, like a changing table or the floor.
3. Gently put the large tube against the inside edge of your child’s nose. Don’t insert or force it into the nose.
4. Use the mouthpiece to gently suck mucus out of your child’s nose (Picture 2).
5. Throw away the filter and wash the aspirator with warm, soapy water. Put a few drops of alcohol in the small tube to help dry it out.
6. Put the dried pieces back together. Make sure to put in a new filter. The filter keeps mucus from going into your mouth.
When to Use

• Before feeding your child when they have a stuffy (congested) nose.
• Before naps and bedtime to help your child breathe easier.
• Anytime your child has a problem breathing due to a runny or congested nose.

Call the Doctor

Call your child’s doctor or health care provider if they:

• Seem to be breathing faster and harder than usual.
• Have problems breathing (respiratory distress).
• Have problems eating or drinking.