

CF PATIENT EDUCATION: CLEANING NEBULIZERS

Cleaning your nebulizer after each treatment and *disinfecting* it every day will help reduce the risk of infection and illness.

Washing your hands is the first defense against spreading bacteria or infection. It is important to wash your hands before handling your equipment with anti-bacterial soap like Dial or alcohol-based hand sanitizers like Purell.

- 1- Empty any remaining liquid or secretions from nebulizer.
- 2- Wipe vigorously with a clean paper towel, and then throw away the paper towel.
- 3- ***Clean*** your nebulizer and/or Flutter/acapella and its parts by washing it in hot soapy water as soon as possible after your treatment and before disinfecting.

DO NOT use a nebulizer with a clogged nozzle. It will not produce mist and will prevent you from getting all the medicine.

DO NOT use vinegar to disinfect your equipment; it is not strong enough to kill bacteria and viruses.

Your nebulizer is for your use only. **DO NOT** share it with other people - even family members. Not cleaning and disinfecting your nebulizer daily can cause you to be sick. Follow the manufacturer's recommendations for cleaning and ***disinfecting*** your nebulizer. Any one of these methods can be used:

- 1- Boiling in water for 5 minutes. Using this method lets you skip rinsing. **OR**
- 2- Placing in the dishwasher for 30 minutes. Use this method only if the water reaches 158 degrees or higher. **OR**
- 3- Soaking in 1:50 dilution of bleach for 3 minutes (2 tablespoons bleach + 8 cups water). Rinse with sterile water. **OR**
- 4- Soaking for 5 minutes in 70% isopropyl alcohol and then rinse with sterile water. **OR**
- 5- Soaking for 30 minutes in 3% hydrogen peroxide then rinse with sterile water **OR**
- 6- Placing nebulizer parts in Micro-steam bag for 5 minutes. Or baby bottle sterilizer (micro wave type)

Notes:

- Remember to let equipment air-dry. This is the last important step in preventing you from getting sick from your respiratory equipment.
- Make sterile water by boiling for 5 minutes. It is not known how long water stays sterile, so use it only once.