

# Respiratory Equipment Cleaning Instruction for Home

*Nebulizer cups, Flutter, Acapella, etc.*

## How should I disinfect my respiratory equipment?

The infection control guidelines from the Cystic Fibrosis Foundation recommend that you no longer use vinegar and water solution to disinfect respiratory equipment. They still recommend washing equipment daily with hot soapy water, rinsing and air drying. However, for disinfecting three times a week (after washing), the new guidelines suggest several options besides vinegar.

## Four ways to disinfect your respiratory equipment

Pick the one that feels easiest and the most cost-effective to you:

- **Alcohol soak.** Soak equipment in straight 70% isopropyl (rubbing) alcohol for 5 minutes. Use enough so the equipment is completely covered in the alcohol. Air dry. Use fresh alcohol each time you soak.
- **Bleach soak.** Mix 1 teaspoon of household bleach in 8 ounces (1 cup) of tap water. Soak for 3 minutes. Rinse with water. Air dry. Make fresh solution each time you soak.
- **Boiling.** Boil equipment parts in water for 5 minutes, then air dry. (Only boil durable nebulizer cups, such as Pari-LC Plus and Invacare Sidestream nebulizer cups. **Do not boil disposable cups, or Flutter, or PEP devices.**)
- **Hydrogen peroxide soak.** Soak equipment in straight 3% hydrogen peroxide for 30 minutes. Use enough of the peroxide to completely cover (submerge) the equipment. Rinse with tap water. Air dry. Use fresh peroxide each time.

### TO LEARN MORE

Cystic Fibrosis Clinic (206) 987-2024

*Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.*

*This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.*