

# 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.

### To Learn More

- Cystic Fibrosis Clinic  
206-987-2024
- Ask your child's  
healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital,  
ask your child's nurse.
- From outside the  
hospital, call the  
toll-free Family  
Interpreting Line  
1-866-583-1527. Tell  
the interpreter the name  
or extension  
you need.
- For Deaf and hard of  
hearing callers  
206-987-2280 (TTY)

## 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. (Bleach should not be used on Flutter device.)
- Boiling. Boil equipment parts in water for 5 minutes, then air dry. (Items that can be boiled are Pari-LC Plus and Invacare Sidestream nebulizer cups, Acapella Choice and Flutter device. Do not boil disposable nebulizer cup PEP device.)
- 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.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

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

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