



# Respiratory Equipment Cleaning Instructions for Home

Nebulizer cups, Aerobika, Flutter, Acapella, etc.

Remember to clean equipment right after each use. This prevents medicines and secretions from drying and hardening, which makes it harder to clean.

## Why is it important to clean my respiratory equipment?

It is important to clean and disinfect respiratory equipment after each use to help prevent the spread and growth of germs.

## How do I clean?

After **each** use, take apart the equipment and wash all parts (except the tubing) with dish detergent soap and hot water, then rinse with tap water and disinfect. It's a good idea to disinfect parts after **each** cleaning. Masks can be washed occasionally with soap and water. They do not need daily cleaning and disinfecting.

## How do I disinfect?

You can disinfect your equipment after each use and cleaning by using either a hot or cold method listed below. Whether you can use hot temperature methods depends on the type of equipment you have.

## Hot methods for disinfecting

Use only for durable nebulizer cups (Sidestream and Pari LC Plus), Aerobika, Flutter and Acapella. (For disposable nebulizer cups like Hudson T, Acorn and Misty, use the cold methods on next page.)

### Boil - stovetop

- Place cups and removable parts (not tubing or mask) in boiling water and boil for 5 minutes.
- For safety reasons do not leave nebulizer parts boiling unattended, and set a timer so you can hear when time is up.
- Air-dry the equipment parts by placing them on a clean paper towel.

### Microwave

- Place in microwave-safe container filled with water and boil for 5 minutes.
- Do not microwave Acapella or Flutter (never put any metal in a microwave.)
- Air-dry the equipment parts by placing them on a clean paper towel.



### 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.

### Dishwasher

- Use a dishwasher if the water in the wash cycle gets hotter than 158 degrees F for at least 30 minutes.
- Air-dry the equipment parts by placing them on a clean paper towel.

### Electric steam sterilizer

- Follow the manufacturer's instructions for use.
- Air-dry the equipment parts by placing them on a clean paper towel.

### Cold methods for disinfecting

You can use cold methods with all respiratory equipment.

#### 70% isopropyl alcohol

- Soak equipment in straight 70% isopropyl (rubbing) alcohol for 5 minutes. Use fresh alcohol each time you soak.
- Rinse all parts well using sterile water for the final rinse. You can make water sterile by boiling it for 5 minutes then letting it cool. This boiled water should only be used once.
- Air-dry the equipment parts by placing them on a clean paper towel.

#### 3% hydrogen peroxide

- Soak equipment in straight 3% hydrogen peroxide for 30 minutes. Use fresh peroxide each time you soak.
- Rinse all parts well using sterile water for the final rinse. You can make sterile water by boiling it for 5 minutes then letting it cool. This boiled water should only be used once.
- Air-dry the equipment parts by placing them on a clean paper towel.

### Storing parts

Once cleaned, disinfected and dry, store parts in a dry, clean plastic bag.

Note: If using E-Flow or Altera nebulizer systems, please follow the manufacturer's instructions for cleaning and disinfecting.