RUTGERS
Robert Wood Johnson Medical Group
ROBERT WOOD JOHNSON MEDICAL SCHOOL

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 d***isinfecting*** 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)

<u>Notes:</u>

- 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.