

## Cystic Fibrosis (CF): Cleaning Instructions for Home Respiratory Devices

### General

- Wash your hands.
- **Clean and then disinfect** your supplies **after every treatment**.
- **Do not** use vinegar to disinfect your equipment. It does not kill all the germs. To disinfect:
  - Boiling. The water must cover the all the parts. If mineral deposits occur after boiling, boil in distilled water.
  - Dishwasher. The water temperature **must** be greater than 158 °F for at least 30 minutes. Check the manufacturer's instructions for your dishwasher temperature. You may use a T-Stick to check the water temperature ([www.T-Stick.com](http://www.T-Stick.com)). Use a dishwasher basket for small parts.
- Do not use tap water to rinse your equipment. Rinse your equipment with sterile water or 0.2 micrometer filtered water.
  - **To make sterile water**, boil tap water for 5 minutes. Use when it is warm, not hot. Use it once and then throw away. Do not save for later use.
- After the final rinse drain the equipment on new paper towels. Then replace the wet paper towels with dry ones and fully air-dry all parts.
- Store in a clean, dry, bag.
- Do not share breathing devices with other people.
- These instructions may be more detailed than the manufacturers. They follow the recommendations of the CF Foundation.
- Check with the clinic nurse or respiratory therapist if you will be traveling. They can help you with special cleaning advice.



### Steps to good hand washing

1. Wet hands with warm water.
2. Use liquid anti bacterial soap.
3. Rub into a lather.
4. Scrub hands front and back. Scrub up to wrists and between fingers for 15 seconds. Clean under nails.
5. Rinse under warm running water.
6. Dry hands with clean towel or paper towel.
7. Use the towel to turn the faucet off.



Device	Clean, then disinfect after every treatment	Other information
<p><b>Acapella® Choice</b></p>	<p><b>CLEAN:</b> Take apart. Wash all 4 parts in warm soapy water. Rinse.</p> <p><b>DISINFECT:</b> Disinfect with one of these:</p> <ul style="list-style-type: none"> <li>• Top shelf of dishwasher.</li> <li>• Boil in tap water for 5 minutes.</li> <li>• Soak in alcohol (70% isopropyl alcohol) for 5 minutes. Rinse with sterile water. Do not re-use alcohol.</li> <li>• Electric steam baby bottle sterilizer. <b>Do not use a microwave sterilizer.</b> Follow the instructions with the sterilizer package.</li> </ul> <p><b>Always air dry.</b></p>	<ul style="list-style-type: none"> <li>• Do not bleach.</li> <li>• Do not microwave</li> <li>• Replace every 6 months</li> </ul>
<p><b>Aerobika®</b></p>	<p><b>CLEAN:</b> Take apart. Wash all parts in warm soapy water. Rinse.</p> <p><b>DISINFECT:</b> Disinfect with one of these:</p> <ul style="list-style-type: none"> <li>• Electric steam baby bottle sterilizer. Follow the instructions with the sterilizer package.</li> <li>• Boil in distilled water for 10 minutes.</li> <li>• Soak in alcohol (70% isopropyl alcohol) for 10 minutes. Rinse with sterile water. Do not re-use alcohol.</li> </ul> <p><b>Always air dry.</b></p>	<ul style="list-style-type: none"> <li>• Replace every 6 months or if damaged.</li> </ul>
<p><b>Air Compressor for nebulizer</b></p>	<p>Wipe with a damp cloth</p>	<p><b>Replace air intake filter every 6 months.</b> Get filters from homecare company.</p>
<p><b>eFlow type Nebulizers</b></p>	<p><b>CLEAN:</b></p> <ul style="list-style-type: none"> <li>• Clean the handset right after your treatment.</li> <li>• Do not put the control unit or cords in the water. Control unit may be wiped with damp cloth.</li> <li>• Take the handset apart into 6 pieces. Rinse all parts under warm tap water. Rinse the aerosol head under warm running tap water for at least 10 seconds on each side. Do not touch or scrub the metal disc on the aerosol head. Only touch the plastic outer part.</li> <li>• Wash all parts in soapy water. Use only clear dishwashing liquid. Do not use white, lotion or antibacterial dishwashing liquid.</li> <li>• Rinse after washing with tap water.</li> </ul>	<p>Each aerosol head should last for about 3 to 6 months.</p> <p>One mL of solution should nebulize in less than 5 minutes.</p>

Device	Clean, then disinfect after every treatment	Other information
<p><b>eFlow type Nebulizers (cont.)</b></p>	<p><b>DISINFECT:</b> Use one of these:</p> <ul style="list-style-type: none"> <li>• Electric steam baby bottle sterilizer. <b>Do not use a microwave sterilizer.</b> Follow the instructions on the package. All 6 pieces of the handset can be disinfected in the electric steam sterilizer. There is a video you can watch on <b>You Tube</b> by the CF Foundation: “Cleaning and Disinfecting your Altera or eFlow Nebulizer”.</li> <li>• Boil all 6 pieces in <b>distilled</b> water for 5 minutes.</li> </ul> <p>After cleaning and disinfecting, let parts <b>air dry</b>. Do not put the handset parts back together until you are ready to use them the next time.</p>	
<p><b>Optichamber® Spacer or Holding Chamber for Metered Dose Inhaler (MDI)</b></p>	<p><b>CLEAN:</b> Take apart. Wash all parts of the chamber in warm soapy water. <b>Do not put the MDI medicine canister in water!</b></p> <p>Rinse the holding chamber in sterile water.</p> <p><b>Air dry.</b></p>	<p>Optichamber® brand spacer should last at least 1 year. Replace the valve to increase the lifespan of the chamber. Call 1-800-962-1266. (Part number HS80702-001)</p>
<p><b>Nasal Cannula</b></p>	<p>If outer surface of tubing or nasal prongs get soiled, wipe clean with soapy damp cloth.</p>	<p>If you use a humidifier, check with your healthcare provider about cleaning. The cannula should be replaced weekly.</p>
<p><b>Palm Cups for CPT</b></p>	<p>Wash in warm soapy water daily. Rinse with tap water.</p> <p><b>Air dry.</b></p>	
<p><b>PARI LC PLUS® Nebulizer</b></p>	<p><b>CLEAN:</b> Clean your nebulizer right after your treatment. Take apart. Wash all parts except tubing, in warm soapy water. Rinse. Do not put the tubing under water.</p> <p><b>DISINFECT:</b> Disinfect Pari nebulizer and Pari permanent silicone baby mask. Use one of these methods:</p> <ul style="list-style-type: none"> <li>• Boil in tap water for 5-10 minutes.</li> <li>• Top shelf of dishwasher.</li> </ul> <p>Electric steam baby bottle sterilizer. <b>Do not use a microwave sterilizer.</b> Follow the instructions with the sterilizer package.</p> <p><b>Air dry.</b></p>	<ul style="list-style-type: none"> <li>• Pari LC Plus® Nebulizer and silicone Pari baby mask should last 6 months with normal use.</li> </ul>

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<p><b>Quake® Vibratory PEP Device</b></p>	<p><b>CLEAN:</b> Take apart. Wash parts in warm soapy water. Rinse.</p> <p><b>DISINFECT:</b> Use one of these methods:</p> <ul style="list-style-type: none"> <li>• Top shelf dishwasher safer.</li> <li>• Boil in tap water for 5-10 minutes.</li> <li>• Electric steam baby bottle sterilizer. <b>Do not use a microwave sterilizer.</b> Follow the instructions with the sterilizer package.</li> </ul> <p><b>Always air dry.</b></p>	<ul style="list-style-type: none"> <li>• Replace as needed.</li> </ul>
<p><b>Respironics Sidestream® Reusable Nebulizer</b></p>	<p><b>AFTER EACH TREATMENT:</b> Rinse out the nebulizer and refill with a little clean tap water. Reconnect the small diameter tubing and run the nebulizer again for a few seconds. This will flush out any of the drug that is trapped in the nebulizer jets. Then clean and disinfect.</p> <p><b>CLEAN:</b> Take apart. Wash all parts except tubing in warm soapy water. Rinse. Do not put the tubing under water. If outer surface of tubing becomes soiled, wipe clean with soapy damp cloth.</p> <p><b>DISINFECT:</b> Disinfect with one of these::</p> <ul style="list-style-type: none"> <li>• Boil in tap water with 2 drops of dishwashing liquid for 5-10 minutes.</li> <li>• Top shelf of dishwasher.</li> <li>• Electric steam baby bottle sterilizer. <b>Do not use a microwave sterilizer.</b> Follow the instructions with the sterilizer package.</li> </ul> <p><b>Always air dry.</b></p>	<ul style="list-style-type: none"> <li>• Replace every 6 months.</li> </ul>
<p><b>The Vest™</b></p>	<p>Cleaning the Vest depends on your brand of Vest. Check with your healthcare professional or the unit manufacturer about cleaning options.</p>	

**ALERT:** Call your child’s doctor, nurse, clinic or respiratory therapist if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**