



CF RESPIRATORY EQUIPMENT CLEANING & DISINFECTING GUIDELINES

GUIDELINES

- Nebulizer cups and masks should be washed in warm, soapy water, rinsed thoroughly with *sterile water*, and air dried after each use and disinfected *daily*.
- Spacers need to be taken apart, washed in warm, soapy water, and soaked for 10 minutes. Spacers then need to be rinsed thoroughly with *sterile water* and air dried prior to reassembly. Spacers need to be disinfected *weekly*.
- Sterile water is water that has been boiled for five minutes.
- Cups, masks, and spacers should be disinfected using one of the following methods:
 - Rolling boil for five minutes (set timer when boil starts); air dry (Vortex Chamber only)
 - Dishwasher with a heat cycle to 158 degrees for 30 minutes; check manufacturer information
 - Soak in 70–90 percent isopropyl alcohol for five minutes; rinse with sterile water; air dry
 - Soak in 3 percent hydrogen peroxide for 30 minute; rinse with sterile water; air dry
 - Counter top baby bottle sterilizer. No need to rinse with sterile water
- Altera/Eflow – May be boiled; use distilled water to boil (minerals may be harmful to screens)
- Do not use hydrogen peroxide
- May use alcohol, 70–90 percent
- Air dry on clean paper towel



HELPFUL HINTS

- Do not use disposable nebulizer cups for longer than two weeks.
- Vortex should only be recommended to patients who have good technique as it does not have a whistle/flow indicator
- Vortex spacers may be boiled; opti-chamber spacers may NOT be boiled.
- Use separate nebulizer cups for Pulmozyme and any other medication. Pulmozyme should not be mixed with any other medication.
- Filters on nebulizer compressors are disposable and should be replaced every six months.
- Filter on PM50 compressor is not disposable and should be washed thoroughly and air dried weekly or as needed.
- Encourage families to use nebulizer tubing with “white ends” (not blue) whenever possible. The white end tubing is much stronger and holds up well with high pressure compressors.
- We do not recommend any microwave method as it creates hotspots and does not consistently clean every surface. It is not supported by PARI as a cleaning method. If the microwave is used, then parts must be placed in a safe microwave receptacle, submerged in water, and microwaved for five minutes.