



## Cleaning of respiratory nebulizers

As a reminder to all of our patients, regular (daily) cleaning of your nebulizer cups is extremely important to keep everything functioning at its best, and to cut down the risk of re-contamination. We recommend using re-usable nebulizer kits for specific medications. We use the Side-Stream nebulizer for Pulmozyme and the Pari neb kit for TOBI. After each use these cups (including the mouthpiece but NOT the connection tubing) should be washed with soap and water and left to air dry until the next treatment. The CFF recommends daily disinfection. There are several options for disinfection.

1. Place the clean neb cup in boiling water for 3-5 min. Remove and allow to air dry. (hint: if you put the pan of water on the stove when you start your treatment, it should be boiling when you finish your meds, saving you a few minutes!)
2. Run through the dishwasher (as long as temp at least 158 degrees)
3. Soak in solution of 1 part bleach to 50 parts water for 3 minutes
4. Soak in 70% isopropyl alcohol 5 min.
5. Soak in 3% Hydrogen Peroxide 30 min.

Your nebulizer cups and tubing should be replaced every 6 months, so let us know in the lab if yours need to be replaced and we can get you some new ones!

