

Nebulizer Cleaning and Disinfecting for Patients with Cystic Fibrosis

Cystic fibrosis (CF) patients need to clean and disinfect each nebulizer cup after each use. This is because:

- Germs can infect your nebulizer which could lead to lung infection.
- It will help get the most medicine to your lungs.

If you can throw away your nebulizer cup it may not stand up to any heat methods, so use a cold method.

Steps for Nebulizer Care

To **clean**:

1. Wash your hands.
2. Using a basin, fill with water and dish detergent, wash your nebulizer cup, lid and mouthpiece.
3. Rinse well with tap water.

To **disinfect** use heat method or cold method.

Heat Method

- Place in pan, cover with water and boil for 5 minutes on stove top.
- Place in microwave-safe bowl, fill with water and microwave for 5 minutes.
- Place in dishwasher. Must be able to heat to 158° for 30 minutes.
- Electric steam sterilizer such as a baby bottle steamer (one that has a 6 to 8 minute steam cycle)

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7746

Cold Method

1. Soak in 3% hydrogen peroxide for 30 minutes or soak in rubbing alcohol for 5 minutes.
2. Rinse using sterile water to avoid getting germs from the water into your clean equipment.
3. Sterilize water by heating a bowl of water for 5 minutes. Let cool. You should not save this water.

If your nebulizer has metal parts such as Altera®/Trio®/E-Flow®, refer to manufacturer's directions. Use a different nebulizer for each medicine. When using a face mask, wipe out with alcohol pad.