

Nebulizer Cleaning & Disinfecting Guidelines

- The new guidelines established by the Cystic Fibrosis Foundation Cleaning Instructions (2014)
 - The nebulizer must be cleaned and disinfected after each use.
 - Rinsed with sterile water.
 - Placed on a clean towel to air dry after disinfection.
 - Store the nebulizer in a sealed plastic bag.

The Pari Nebulizer

- **Step 1: Cleaning the Nebulizer**
 - The nebulizer must be cleaned after each use in order to prevent infections from contaminated equipment.
 - The nebulizer must be cleaned well to remove all organic and inorganic debris before disinfection.
 - Take the nebulizer pieces apart.
 - Wash all the pieces in mild dish soap and warm water. Do not wash the supply tubing or mask.
 - Proceed to the disinfection step.

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- Step 2: Disinfecting the Nebulizer
 - The cleaned nebulizer can now be disinfected by one of two methods.
 - **The Heat Method:**
 - Stovetop: place in a pot of boiling water for 5 minutes (nebulizer should be completely immersed) **or**
 - Microwave: place in a microwave-safe container submerged in water and microwave for 5 minutes (nebulizer should be completely immersed) **or**
 - Dishwasher: place on the top tray keep temperature > 158° F for 30 minutes **or**
 - Electric steamer (baby bottle sterilizer)
 - **The Cold Method:**
 - Soaking in 70% - 90% ethyl or isopropyl alcohol for 5 minutes **or**
 - 3% hydrogen peroxide for 30 minutes

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- Step 3: Rinsing and Air Drying
 - If using the COLD Method, rinse the nebulizer in sterile water (not tap)
 - Sterile water can be prepared by boiling tap water and achieving a rolling boil for 5 minutes.
 - Distilled water is not recommended since contamination with *B. cepacia* complex can occur during the manufacturing process.
 - Once fully rinsed, placed on a clean towel to air dry.

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- Once the nebulizer has air dried, store it in a clean, sealed, plastic bag for its next scheduled use.
- Compressor Filter Replacement
 - Under normal conditions, the filter on your compressor should be replaced every 500 hours of use (approximately 6 months).
 - Should the filter appear soiled (grey), clogged or wet you should replace it at that point as well.