

Cystic fibrosis: caring for your child's respiratory supplies



Why do I need to clean my child's respiratory supplies?

It is important to clean and disinfect your child's respiratory (breathing) supplies to help:

- Prevent the spread of germs and infections.
- Make sure your child gets treatments in the best way.

Remember to wash your hands with soap and water for at least 20 seconds before touching supplies.

DO NOT disinfect your child's home nebulizer cups or airway clearance supplies with:

- Acetic acid (vinegar)
- Bleach solutions
- Benzalkonium chloride (Control III)

How do I clean my child's respiratory supplies?

Use the charts on pages 4 to 7 to see common supplies and how to disinfect them. After each use, complete these steps:

- Step 1: Quick wash
- Step 2: Disinfect

Please note: You will see 6 options to disinfect supplies. Each option is called "Step 2." You may pick the best option for you. Talk with your child's respiratory therapist to learn more.

What is a quick wash?

To do a quick wash:

- Wash your hands well with soap and water for at least 20 seconds.
- Take the device apart.
- Wash each part in liquid detergent and warm water.

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Caring for your child's respiratory supplies, continued

- Rinse parts well in tap water, well water, distilled water or bottled water.
 - Tap water or well water must meet local public health standards.
 - You must still disinfect parts after rinsing with water.

What does it mean to disinfect?

- To disinfect means to remove most or all germs from an object.
- You can disinfect supplies by using a hot method or cold method. Talk with your child's respiratory therapist for more details.
- Rinse all supplies with sterile water after using a cold method.

How do I make sterile water?

- Place water in a pot and bring to a boil.
- Let the water boil for at least 5 minutes. Let it cool.
- Get rid of the water after each use.

Where should I store my child's respiratory supplies?

- After washing and disinfecting respiratory supplies, place the parts on a clean, dry towel or a clean paper towel away from the sink. Let them air dry.
- Store them in a closed container or sealed plastic bag.

When should I replace my child's respiratory supplies?

Our Cystic Fibrosis (CF) Center recommends that you replace these supplies every 6 months (or right away if damaged or not working):

- Acapella
- Aerobika
- Reusable Pari LC Plus, LC Star, and LC Sprint nebulizer cups
- Optichamber Diamond spacer
- Altera or E-Rapid nebulizer handset

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Caring for your child's respiratory supplies, continued

Replace these items as advised by the manufacturer (or right away if damaged or not working):

- High frequency chest wall oscillation (HFCWO) motor filter
- High frequency chest wall oscillation (HFCWO) vest garment and hoses
 - The manufacturer warranty should cover this. It is your job to call the vest manufacturer to request a new garment or hoses.
 - Replace the vest garment if your child outgrows it.
- Nebulizer machine filter
 - You can buy this from the nebulizer machine's manufacturer or a local durable medical equipment company (also called a home health company).
- AeroNeb Go
- NeilMed Sinus Rinse and Neti Pot
- NoseFrida
- Home IPV percussive head and nebulizer cup
 - You may need a prescription to replace this. Please let your child's care team know if you need to replace a part.
 - Order the new parts from the same company that sent your child's IPV.

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Caring for your child’s respiratory supplies, continued

	Acapella	Aerobika	Home IPV	E-Rapid or Altera Nebulizer	Reusable LC Plus/ LC Star/ LC Sprint
STEP 1 Quick wash (Do this after each use unless manufacturer instructions say something else)	<ul style="list-style-type: none"> • Quick wash, including soaking for 15 to 20 minutes. • Rinse in water. • Let air dry. 	<ul style="list-style-type: none"> • Quick wash, including soaking for 15 minutes. • Rinse in water. • Shake parts to remove extra water. • Let air dry. 	<ul style="list-style-type: none"> • Follow manufacturer instructions. 	<ul style="list-style-type: none"> • Follow manufacturer instructions. 	<ul style="list-style-type: none"> • Quick wash the nebulizer cup, mask and mouthpiece. • Rinse in water. • Let air dry.
STEP 2 <u>Option A</u> Disinfect in 70% alcohol	<ul style="list-style-type: none"> • Soak for 5 minutes in 70% alcohol. • Rinse with sterile water. • Do this up to 2 times each day. 	<ul style="list-style-type: none"> • At the end of treatment day, soak for 5 minutes in 70% alcohol. • Rinse with sterile water. 			<ul style="list-style-type: none"> • Soak for 5 minutes in 70% alcohol. • Rinse with sterile water.
STEP 2 <u>Option B</u> Disinfect in 3% hydrogen peroxide	<ul style="list-style-type: none"> • Soak for 30 minutes in 3% hydrogen peroxide. • Rinse with sterile water. 	<ul style="list-style-type: none"> • At the end of treatment day, soak for 30 minutes in 3% hydrogen peroxide. • Rinse with sterile water. 			<ul style="list-style-type: none"> • Soak for 30 minutes in 3% hydrogen peroxide. • Rinse with sterile water.
STEP 2 <u>Option C</u> Disinfect by boiling for at least 5 minutes		<ul style="list-style-type: none"> • At the end of treatment day, boil for at least 5 minutes. 		<ul style="list-style-type: none"> • At the end of treatment day, follow manufacturer instructions. 	<ul style="list-style-type: none"> • Boil for at least 5 minutes. • Do not boil the mask or tubing.

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Caring for your child’s respiratory supplies, continued

	Acapella	Aerobika	Home IPV	E-Rapid or Altera Nebulizer	Reusable LC Plus/ LC Star/ LC Sprint
STEP 2 <u>Option D</u> Disinfect with electric steam sterilizer		<ul style="list-style-type: none"> At the end of treatment day, follow manufacturer instructions. 			<ul style="list-style-type: none"> Follow manufacturer instructions.
STEP 2 <u>Option E</u> Disinfect with microwave-safe container submerged under water for 5 minutes		<ul style="list-style-type: none"> At the end of treatment day, follow manufacturer instructions. 			<ul style="list-style-type: none"> Follow manufacturer instructions.
STEP 2 <u>Option F</u> Disinfect with dishwasher for 30 minutes (dishwasher must be at least 158 degrees)	<ul style="list-style-type: none"> Place parts on top rack of dishwasher. Run for full cycle. 	<ul style="list-style-type: none"> After each use, place parts on top rack of dishwasher. Run for normal wash cycle. 	<ul style="list-style-type: none"> Disinfect every 3 to 4 days. Place parts on top rack of dishwasher. Do not use the heated dry cycle. Let air dry. 		<ul style="list-style-type: none"> After each use, place parts on top rack of dishwasher. Run for 30 minutes.

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Caring for your child’s respiratory supplies, continued

	Opti-Chamber Diamond Spacer	AeroNeb Go	Vest Therapy	NeilMed Sinus Rinse and Neti Pot	Fridababy NoseFrida
STEP 1 Quick wash (Do this after each use unless manufacturer instructions say something else)	<ul style="list-style-type: none"> • Quick wash the device parts and mask by agitating parts for 2 minutes and then soaking for 10 minutes. • Rinse in water. • Let air dry. • Do this 1 time each week. 	<ul style="list-style-type: none"> • Follow manufacturer instructions. 	<ul style="list-style-type: none"> • Follow manufacturer instructions. • Clean if looks dirty. 	<ul style="list-style-type: none"> • Follow manufacturer instructions. 	<ul style="list-style-type: none"> • After each use, remove the hygiene filter. • Quick wash and rinse the large tube (container) and mouthpiece in water.
STEP 2 <u>Option A</u> Disinfect in 70% alcohol	<ul style="list-style-type: none"> • Wipe mask and mouthpiece in 70% alcohol. • Rinse with sterile water 1 time each week. 				<ul style="list-style-type: none"> • After each use, add a few drops of 70% alcohol to the thin tubing to disinfect it. • Replace device with new filter.
STEP 2 <u>Option B</u> Disinfect in 3% hydrogen peroxide					
STEP 2 <u>Option C</u> Disinfect by boiling for at least 5 minutes		<ul style="list-style-type: none"> • Follow manufacturer instructions. 			

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Caring for your child’s respiratory supplies, continued

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STEP 2 <u>Option D</u> Disinfect with electric steam sterilizer					
STEP 2 <u>Option E</u> Disinfect with microwave-safe container submerged under water for 5 minutes					
STEP 2 <u>Option F</u> Disinfect with dishwasher for 30 minutes (dishwasher must be at least 158 degrees)					<ul style="list-style-type: none"> • After each use, place all parts (except the long, thin, clear tube and the blue sponge filter) in the dishwasher. • Replace the blue sponge filter after each use.

**This teaching sheet contains general information only.
Talk with your child’s doctor or a member of your child’s healthcare team
about specific care of your child.**

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