

**CENTRAL CONNECTICUT ADULT
CYSTIC FIBROSIS PROGRAM**
Care of Nebulizer and Compressor

- The nebulizer is the cup that houses the medication.
- The compressor is the machine that powers the nebulizer.

In order to prevent infection and ensure proper functioning of your equipment, please adhere to the following guidelines:

TO CLEAN:

1. Wash your hands.
2. Wash cup, mouthpiece/mask with warm soapy water. **RINSE WELL**

TO DISINFECT: DO NOT USE WHITE VINEGAR

1. Wash your hands before cleaning your equipment.
2. Wash the cup, mouthpiece/mask, with warm soapy water to remove any secretions and make sure to **rinse well**
3. Disinfect the nebulizer cup and mouthpiece using **one** of the following methods. (unless prohibited by manufacturer's instructions)
 - Place in boiling water for 5 minutes. It is best to set a timer to remove equipment after the 5 minutes to avoid melting of equipment. Do not boil mask; just wash, rinse, and air dry.
 - Microwave in water for 5 minutes.
 - Place in dishwasher for 30 minutes if water hotter than 158 degrees.
 - Soak in 70% isopropyl alcohol for 5 minutes, **RINSE WELL.**
 - Soak in 3% hydrogen peroxide for 30 minutes, **RINSE WELL.**
 - Soak in a solution of 1 part bleach and 50 parts water for 3 minutes, **RINSE WELL.**
4. Use sterile water (bottled or distilled) for the final rinse of equipment. To make sterile water you can boil water for 5 minutes. Do not use tap water for the final rinse.
5. Air dry all equipment on a paper towel and cover with a paper towel.

Nebulizer must be changed as follows:

1. The Pari neb (used for bronchodilators such as albuterol/xopenex, hypertonic saline, pulmozyme, tobi) needs to be changed **every 6 months**.
2. The sidestream neb can be used for albuterol and pulmozyme only if used with a 50 psi compressor (MobilAire). This nebulizer needs to be changed **once a year**.
 - **Do not store your nebulizer cup in a sealed plastic bag (Ziploc)**. A closed moist environment can breed bacteria. Store nebulizer cup in an open bag where air can circulate or in a clean drawer.
 - Use a separate nebulizer for each medication.

Compressor Care:

1. Compressor filters must be changed **every 6 months**. Check with your homecare company for instruction. Your homecare company is responsible for providing the filters.
2. The compressor may be cleaned by wiping it down with a general disinfectant spray and paper towel.

IN ACCORDANCE WITH THE CF FOUNDATION INFECTION CONTROL GUIDELINES, IT IS HIGHLY RECOMMENDED TO CLEAN AND DISINFECT EQUIPMENT AFTER EACH USE.