Cystic Fibrosis Patient Guide:  
Cleaning your Nebulizer

**Definition of Nebulizer:** A nebulizer turns liquid medication into a mist, to be breathed in using a facemask or mouthpiece. The nebulizer is made up of the face-mask or mouthpiece, a medicine cup and supply tubing. The air compressor powers the nebulizer.

**It is important to keep your nebulizer clean.**
NEVER PUT THE COMPRESSED AIR MACHINE IN WATER.

“Clean After Each Use”

Take the nebulizer pieces apart.  
Wash the pieces in mild dish soap and water.  
Rinse all the pieces in sterile water.*  
Place on a clean towel and air dry.  
Store the nebulizer in a sealed plastic bag.

“Sterilize at Least Once a Week”

Take the nebulizer pieces apart.  
Wash all the pieces in mild dish soap and water.  
If heat sterilizing is allowed by equipment manufacturer:  
  o Boil for at least 5 minutes  
  o Microwave for 5 minutes  
  o Dishwasher if temperature is \( \geq 158^\circ \) F. for 30 minutes  
If cold sterilizing -- then soak the nebulizer pieces in one of the following:  
  o 70% isopropyl alcohol for 5 minutes  
  o 3% Hydrogen peroxide for 30 minutes.  
  o 5.25% to 6.15% Household bleach solution for 3 minutes (1 part bleach to 50 parts water)
Rinse all the pieces in sterile water* especially if cold sterilized.  
Place on a clean towel and air dry.  
Store the nebulizer in a sealed plastic bag.

*Sterile water can be bought or made by boiling tap water for 15 minutes then cooling. Discard after use.

Clean the surface of the compressed air machine and supply tubing with a damp cloth or antibacterial wipes.

*Use a clean, dry nebulizer for each aerosol treatment. Always wash your hands thoroughly prior to handling medications and equipment.*

Cleaning Your Nebulizer  
April 2008 (FK 5.5)