

Reusable nebulizer hygiene

Reviewed by: Blythe Owen, P.T.

Last reviewed: April 2022

A re-usable nebulizer must be **cleaned** and **disinfected** after **each use** to reduce risk of infection

- 1 Wash your hands with soap and water or use an alcohol-based hand sanitizer before handling the nebulizer.
- 2 Take the nebulizer apart.
- 3 Scrub the pieces with clean paper towels using dish soap and water.
- 4 Rinse with sterile water. You can make your own sterile water by boiling tap water for 15 minutes and then allowing it to cool. Discard what you do not use.

5

choose 1 of the 6 disinfection methods.

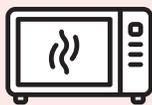
Hot
disinfection methods

OPTION 1



Put the pieces in boiling water for at least **10 minutes**.

OPTION 2



Put the pieces in water and microwave (2.45 GHz) them for **5 minutes**.

OPTION 3



Put the pieces in a dishwasher and run it without detergent on a cycle where the temperature is greater than 70°C (158°F), for **30 minutes**.

OPTION 4



Use an electric steam sterilizer.

Special Solution
disinfection methods

OPTION 5



Soak the pieces in 70% isopropyl alcohol for **5 minutes**.

OPTION 6



Soak the pieces in 3% hydrogen peroxide for **30 minutes**.

Rinse all pieces with sterile water after using a special solution for disinfection.

You can purchase 70% isopropyl alcohol and 3% hydrogen peroxide at your local pharmacy, they will not need to be diluted.

6

After disinfecting the pieces of the nebulizer, place them on a clean, dry towel away from the sink to air dry. When the pieces are dry, store them in a sealed container or plastic bag.