

# Asthma Equipment Cleaning Instructions

## MDI with OptiChamber®

- Remove mouthpiece cap and end cap from OptiChamber® by pulling them off.
- Separate the mouthpiece from the clear chamber by rotating the mouthpiece counter clockwise until it unlocks and pulls off.
- Remove the valve from the small clear posts on the end of the chamber.
- Wash all parts in warm water with a mild liquid soap. Rinse all parts except chamber with water. Shake out excess water and allow all parts to air dry.
- Reassemble all parts, making sure that the one-way valve is seated correctly on the small clear posts on the end of the chamber. Place mouthpiece over valve assembly then turn clockwise until it snaps in place.
- When replacing the end cap, line up the edges of the warning signal with the raised lines on the side of the end cap so the warning signal will fit into the proper space. Place on hard surface and push down firmly to ensure end cap is firmly sealed.
- Replace the one-way valve when it becomes dried out and starts to curl. A new valve can be ordered by calling 1-800-962-1266.

## Nebulizer and/or Pari LC Nebulizer:

### Rinsing

- After each treatment, take the nebulizer apart and rinse the mask and/or mouthpiece with soap under hot, running tap water. Rub off any “stuck on” mucus. Shake off excess water. **If the nebulizer is not rinsed after every treatment, the small holes will become clogged and will not make a mist.**
- It is not necessary to rinse the clear connective tubing.

### Disinfecting

- After each treatment, the medication holding chamber, mask, and/or mouthpiece can be disinfected using ANY of the following methods:
  - Microwave in a “Quick Clean” bag for 3-5 minutes (follow instructions on bag) *or*
  - Place on top shelf of the dishwasher for a full cycle *or*
  - Immerse in either:
    - Mixture of 1 tablespoon bleach per one cup of water for 3 minutes *or*
    - 70% isopropyl alcohol for 5 minutes *or*
    - Hydrogen Peroxide for 30 minutes

If immersion method is used, rinse with STERILE water. Sterile water is made by bringing water to a full boil.

### Drying

- Allow to air dry

**Peak Flow Meter:**

- The mouthpiece of the meter should be cleaned weekly with warm soapy water. Rinse well and dry.