

# EVERYTHING YOU NEED TO KNOW ABOUT THE CANNULA



## How to clean

There are many sterilising solutions that you can use to clean a cannula

- Detergent (washing up liquid) and warm water
- Colloidal silver spray
- Vodka/water spray (50% vodka with 50% water)

You could use a medical wipe or hand sanitizer spray, these both tend to have various chemicals in them which we believe are best avoided.

Spray and wipe the nose piece as well as the entire length of the tubing on the outside.

Once sprayed, it is recommended to wipe the cannula down with a kitchen towel, which can then be thrown away. This will ensure that you are not wiping down the cannula with something which could be contaminated with germs or dirt.

## Deeper cleaning

To perform a more thorough cleaning you would soak the cannula in warm water and vinegar for a minute, then allow it to completely dry.

10 parts water to 1 part vinegar in a bowl or mug.

200ml of warm water with 20ml of vinegar

## Sharing a cannula

It is recommended never to share a cannula, even with close family members, this is for hygiene reasons.

It would be better for each person to have their own cannula

## How long do they last?

If you were to use a cannula every day until it broke, most cannulas would potentially last for years, the main reason for replacing a cannula is hygiene.

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## Storage of your cannula

It is ideal to keep the cannula in a place where it can dry out and is exposed to the air, rather than being kept in a sealed container.

Ensure the surface it is sitting on is clean.

If you have not used the cannula for a number of days then it is a good idea to re-sterilise it when you perform your next session.

If you haven't used the cannula for a number of months it may be wise to replace it as bacteria may have been developing in the tubing during that time.

## When to replace them

It is generally suggested to replace your cannula every 3 months

This would be based on using a cannula anywhere from 30 minutes to 3 hours per day on average.

If you are using the cannula more than this we suggest changing it after 2 months.

If you are using the cannula during a cold or flu, then you may want to replace it when you feel better.

It is suggested to wash your hands before using the cannula

The main reason for changing the cannula is for hygiene reasons, not because the cannula becomes broken or defective.

Even if you clean the cannula after every use, there will be the potential for bacteria to develop inside the tubing over time.

If you have a lowered immune system and are at high risk of picking up infection, you may want to replace the cannula every month or perform a more thorough cleaning after each month.