

How to Make Sterile Water for Use in Your Ventilator Humidifier

These instructions are for making sterile water for use in your ventilator humidifier.

Follow the directions below to make enough sterile distilled water to last 2 or 3 days. Do not use the water after the 3rd day. Make or buy more.

1. Purchase distilled water. Use pan with a lid, large enough to boil enough water for 2-3 days. Use this pan for sterilizing distilled water only. Do not use this pan to cook with. Do not use a kettle with an automatic shut off as the water needs to continue to boil after it has reached the boiling point. For safety, never leave the pan of hot/boiling water unattended.
2. Bring the distilled water to a boil. Boil gently for 5 minutes.
3. Turn off heat and cover the pan. Use the boiled distilled water as soon as it has cooled or put it in a clean, sterilized container and seal. It does not need to be refrigerated.
4. To sterilize the containers used to store the sterile distilled water, put the containers in a separate pan of water and let the water boil for 10 minutes. Turn off heat and cover the pan with a lid. Only use containers that are heat-safe and tolerate boiling.
5. Leave the lid on the pan while the water is cooling. Do not use ice to cool down the water.

Bibliography:

- 1 **Home Ventilation and Tracheostomy Care, Teaching Manual for Pediatrics.** College of Respiratory Therapists of Ontario
- 2 <http://www.phoenixchildrens.com/emily-center/child-health-topics/handouts/Sterile-Water-Saline-861>.

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