

## Let's Talk About...

# Cystic fibrosis cleanout

A cystic fibrosis (CF) cleanout occurs when a child with CF receives antibiotics and respiratory treatments in the hospital 4 times a day to “clean out” their lungs. Your child may also have physical therapy and other treatments to improve their health.

## Why does my child need a CF cleanout?

A CF cleanout can help your child improve lung function, grow and have better nutrition, and have fewer lung infections.

## What should my child bring for a CF cleanout?

Your child should bring the following to their CF cleanout:

- Comfortable clothes
- Medicine list (Orkambi™ or Kalydeco™) if the clinic pharmacist tells you to
- Personal toiletry items (toothbrush, shampoo, face wash)
- Favorite blanket and toy or stuffed animal
- Favorite books, movie, or video games
- Homework (ask your child's teacher for school assignments)
- Decorations for their hospital room

## What should parents bring to the CF cleanout?

If you'll be staying with your child in the hospital during the CF cleanout, you should bring:

- Comfortable clothes and shoes that are easy to put on
- Personal identification and insurance cards
- Toiletries
- A tablet, laptop, and other things to keep you busy



## What happens when I bring my child to the CF cleanout?

Your child will be admitted to the hospital. The doctor will come to your child's room and ask questions about their medical history and the medicines they take. Your child's nurse will meet you and help organize your child's care plan.

The IV team will put a small tube into your child's vein. This is either an intravenous catheter (IV) or peripherally inserted central catheter (PICC). Your child will receive antibiotics through the IV or PICC and have their blood tested. The nurse will also take a sputum culture (test your child's saliva). A respiratory therapist (RT) will give your child treatments.

## Who takes care of my child during the CF cleanout?

During your child's CF cleanout, the following team members may help with their care:

- **Attending physician:** Doctor in charge of your child's care
- **Pediatric residents:** Doctors who finished medical school and are now finishing specific training to become pediatricians. They will visit your child each day with the attending physician and may prescribe medicines and treatments.

- **Medical students:** Medical students are currently in school and work with the pediatric residents and attending physician.
- **Nurses:** Nurses give your child medicines, check on you and your child frequently, and coordinate communication between the doctors and other healthcare providers.
- **Patient care technicians (PCTs):** A PCT checks your child’s temperature, heart rate, respiratory rate, blood pressure, and oxygen saturation. They also record what your child eats and drinks, and any output (urine and stool) your child may have.
- **Respiratory therapists:** Respiratory therapists give your child their respiratory medications, complete their vest treatments, and coach your child through their “huff” coughs 4 times a day.
- **Physical therapists:** Physical therapists help your child stay active in the hospital. Depending on your child’s sputum culture, your child may be able to go to the physical therapy gym.
- **Child life specialists:** A child life specialist helps your child prepare for PICC lines or IVs and visits and plays with them during their stay.
- **CF clinic members:** A pulmonologist and nurse practitioner from the clinic will see your child throughout the week and decide when your child is ready to go home. Many clinic team members come during CF rounds on Wednesdays.
- **Social workers:** These professionals can provide community resources and help with mental or social health.

- **School services:** Educators can tutor your child while they’re in the hospital and help with homework. They can also help you get work from your child’s school.
- **Volunteers:** Hospital volunteers can spend time with your child if you need to leave the hospital room or go home.

## What are cystic fibrosis (CF) rounds?

CF rounds are a time when you can talk with the healthcare team, including doctors, nurse practitioners, social workers, psychologists, child life specialists, and educators. The rounds are held each Wednesday from 2:30–3:30 PM, and each CF patient has a 10-minute appointment. During CF rounds, you can ask questions, talk about concerns, and discuss discharge needs. A healthcare provider will give you an agenda and example questions before the first CF rounds so you feel comfortable asking questions.

## Does my child have to stay in the hospital room?

All CF patients are in isolation to protect themselves and other patients. This means all staff members must wear a gown and gloves in your child’s room. Your child must also wear a mask outside their room and wash their hands often. If your child has a cold or the flu, each staff member will also wear a mask in your child’s room.

Your child may take a 15-minute walk with a parent or staff member each day. While they can’t go to the cafeteria or playroom, your child can go outside to one of the hospital’s patios. Your child may also go to the therapy gym, which has bikes and balls, if the physical therapist says it’s okay.

## What will my child eat during the CF cleanout?

Your child will eat a high-calorie, high-protein diet while they’re in the hospital. They can order anything they want from the room service menu from 7 AM–8:30 PM after the doctor orders their diet. Your child should eat 3 meals a day and have snacks throughout each day. The hospital provides all your child’s enzymes and vitamins, so you don’t need to bring them from home.

### What is my child’s daily routine in the hospital?

Respiratory therapy	Every 4 hours starting at 7:30 AM, 11:30 AM, 3:30 PM, 7:30 PM. Your child should be awake and ready to participate in their treatments.
Antibiotics	Given through an IV or PICC line slowly over 24 hours or throughout the day or night.
Physical therapy	30–40 minutes Monday—Friday
Homework	School services will schedule some time for homework
Free time and activities	Child life specialists and volunteers can bring activities and games during free time.

