

# CLEAN..... THEN..... DISINFECT



Cupping Set

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### STEP 1- CLEANING

- **Soak Cups.** When finished using, submerge your cups in warm soapy dish detergent water. Let them Soak until you are ready to clean them. This will help keep the lubricants (oils, lotions, creams) and other particles from sticking to the cups.
- **Clean cups** with dish detergent soap, rag, sponge or soft scrubbing device
- **Rinse Cups**
- **Dry Cups** well to prevent microbial growth. It is recommend to Dry your Cups completely before Disinfecting them.

### STEP 2- HIGH LEVEL DISINFECTION

(Instructions taken from the Manufacturer of Sporox II)

- **READ WARNINGS & PRECAUTIONS** prior to using any 7/5% Hydrogen Peroxide Product.
- **Apply Rubber Gloves** prior to opening the Sporox II.
- **Pour Sporox II Container into your Basin** (soaking container) . If using small basin, then only pour amount that fits in your basin.
- **Apply a Date Label to your Basin.** Your Sporox II can be reused for up to 21 days.
- **DO NOT DILUTE WITH WATER**
- **Soak for 30 Minutes** in Sporox II for High Level Disinfection. Soak for up 6 hours for sterilization.
- **Remove the Cups and Rinse Thoroughly**
- **Dry** with Towel or place on rack to air dry
- Store your cups in a closed dry container to prevent bacteria and airborne contaminants.