

BOD POD® Cleaning and Disinfecting Guidelines with Special Considerations for COVID-19

In response to the COVID-19 pandemic, these are best practices for cleaning and disinfection of the BOD POD. The BOD POD has been designed to minimize the risk of infection due to contaminated components. However, operators must carefully follow the reprocessing instructions reported in the [BOD POD User Manual](#), which are reprinted in their entirety below. Additionally, operators should note the following points:

- As a result of the BOD POD being classified as a non-critical device, it is recommended that the subject contact surfaces be cleaned and disinfected when visibly soiled and on a regular basis (i.e., weekly), however more frequent disinfection may be recommended by local or institution guidelines based on COVID-19 prevalence in your region. Disinfection should be performed using a disinfectant that meets the EPA's criteria for use against SARS-CoV-2, the virus that causes COVID-19. The following disinfectants are approved for use on the BOD POD and also appear in the EPA list (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>):


- Clorox Healthcare® Bleach Germicidal Wipes** [Active Ingredients: Sodium Hypochlorite (0.65%)]
- Super SaniCloth Germicidal Disposable Wipes** [Active Ingredients: n-Alkyl (68% C12, 32% C14) dimethyl ethylbenzyl ammonium chlorides (0.25%), n-Alkyl (60% C14, 30% C16, 5% C12, 5% C18) dimethyl benzyl ammonium chlorides (0.25%), Isopropyl Alcohol (55%)]

Alternatively, in situations where the above products or equivalent products cannot be found, a **0.5% Sodium Hypochlorite** solution can be made from bleach and applied with clean cloths as described below with a minimum contact time of 1 minute.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/disinfection-guidelines-H.pdf>

- Wearing a face mask may be required based on regional laws/directives. COSMED has found the effect of wearing a surgical face mask on BOD POD % Fat measurements to be negligible. Therefore, it is acceptable for surgical face masks to be worn during BOD POD testing.
- Use of high bacterial/viral filtration efficiency filters ensures device protection and prevents cross-contamination during TGV measurements. The tube and filter are single-use only and should be discarded after use. The bacterial and viral filtration efficiency of the BOD POD filter is summarized in the table below:

Applicable to	REF, Description	Image	BFE Bacterial Filtration Efficiency	VFE Viral Filtration Efficiency
BOD POD TGV Testing	A-661-923-008 Breathing Filter, Viral and Bacterial, 22mm		BFE >= 99.997%	VFE >= 99.94%

WARNING: In case of room sanitization using vapor with chlorine, cover the BOD POD with impermeable fabric during the treatment and then immediately afterwards, wipe the BOD POD down so that any residue does not eat into the metal parts and the fiberglass.

Cleaning and Disinfecting BOD POD (Extracted from BOD POD Body Composition Tracking System Operator's Manual – P/N 210-2400 Rev. U, p.187-189)

According to the Spaulding scheme described in the CDC Guideline for Disinfection and Sterilization in Healthcare Facilities (2008), the BOD POD is a noncritical item (contact with intact skin but not mucous membranes). Noncritical items require low-level disinfection. This is a multi-step process consisting of cleaning to remove visible soil, followed by disinfection. Approved low-level disinfectants for the BOD POD are listed below.

Note: The Breathing Tube and Filter Kit (used with the BOD POD only when measuring TGV) is a semi-critical item, but cleaning and disinfection is not-applicable to the Tube and Filter since they are single-use only, and are discarded after use. It is recommended the subject contact surfaces be cleaned and disinfected when visibly soiled and on a regular basis (i.e., weekly). If testing a subject who is on

contact precautions, these surfaces should be cleaned before testing another subject. Standard customer facility cleaning and disinfection schedules can be followed, provided the minimum cleaning frequency is achieved. When cleaning the BOD POD, the following instructions should be followed. It is extremely important these instructions are adhered to in order to avoid accidental damage to the equipment.

Step 1 – Cleaning to Remove Visible Soil: Use a damp cloth to wipe away any visible soil/solids from the subject contact surfaces of the BOD POD as needed.

Step 2 – Disinfection: Use one of the approved cleaning wipes (listed below), following all specified instructions for use, to disinfect the subject contact surfaces of the BOD POD. Avoid application of cleaner/disinfection solution behind the vents or in the port holes on the BOD POD seat back.

Approved Cleaning/Disinfection Solutions (Follow all instructions for use specified for cleaning/disinfection solutions)

For BOD POD Shell, Floor Pad and Scale:

- Clorox Healthcare Bleach Germicidal Wipes
- Super Sani-Cloth Germicidal Disposable Wipe
- Cavicide Wipes

For Magnets, Magnet Keepers, Ports, and Door Gasket:

- Alcohol Swabs (Isopropyl alcohol: 70-90%)

IMPORTANT! To avoid damage, DO NOT allow alcohol to contact the window.

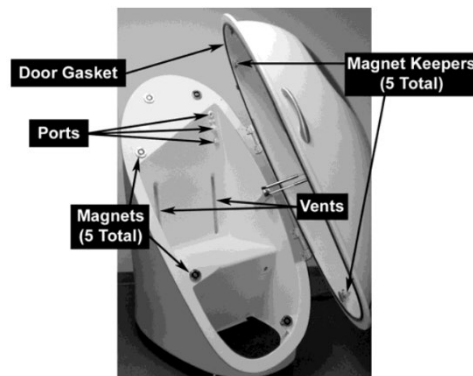


Figure 10-1 – BOD POD Components

Step 3 – Remove Residue: After cleaning and disinfection, the BOD POD surfaces should be wiped with a damp cloth to remove any cleaner residue.

Cleaning BOD POD Window

Because the BOD POD window does not come in contact with the subject, it can simply be cleaned with the cleaner provided with the BOD POD (Brillianize®). In case of incidental subject contact, the window can also be cleaned/disinfected with the cleaners listed above for the BOD POD shell.

Cleaning BOD POD Components and Accessories

Any required cleaning for the computer, monitor, printer, or isolation transformer should be done according to individual component operating instructions.

Safety & Quality Standards: MDD (93/42 EEC); FDA 510(k); EN 60601-1 (safety) / EN 60601-1-2 (EMC)

