



**"IF I COULD SAVE TIME IN A BOTTLE"  
SELECTING DETERGENTS  
FOR FAST CYCLES**

ENZYMATIC EXPERT SERIES

**BEYOND  
CLEAN**



Peggy Spitzer AAS, BA, MA.Ed.  
Clinical Education Manager, Certol Intl.

*Beyond Clean Enzymatic Expert Series:*

## “IF I COULD SAVE TIME IN A BOTTLE” SELECTING DETERGENTS FOR FAST CYCLES

*Peggy Spitzer, AAS, BA, MA.Ed.*

*Clinical Education Manager, Certol International*

The singer Jim Croce said it best in a song from the seventies, “If I could save time in a bottle.” Is it possible to save time by selecting the right bottle of detergent for instrument washer fast cycles?

A main wash fast cycle time of 2 to 3 minutes may be efficient but before serious consideration, **look at best practices for your current process first.** Is your facility in compliance with precleaning and treatment sprays at point of use? What is the typical procedure and soil load at your facility? If orthopedic procedures are common, is there a sufficient process in place from point of use through manual cleaning to yield minimal soiling on items loaded into the washer?

If hard water is common in your area, this could affect both detergent dosing and cycle time. Consider water hardness testing and refer to AAMI TIR 34. Other quality factors include correct loading and maintenance of spin arms to allow full spray impingement on all surfaces. Finally, take a look at your current frequency and documentation for washer cleaning tests. **Adoption of fast cycles will depend on consistent passing results for washer test coupons and intermittent protein swab tests at both regular and fast cycle times.**

Even the best detergents available are not magic. If you want to “save time in a bottle” combine a good quality detergent with best practices to ensure both productivity and patient safety.

Have more enzymatic questions? Contact Peggy at: [pspitzer@certol.com](mailto:pspitzer@certol.com)

*Beyond Clean Enzymatic Expert Biography:*

**PEGGY SPITZER, AAS, BA, MA.ED.**

**CLINICAL EDUCATION MANAGER  
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Peggy Spitzer is a Colorado native with over 30 years of combined experience as a healthcare provider, college faculty and clinic manager. Currently she is clinical education manager at Certol Intl., a manufacturer of detergents and disinfectants for healthcare. She develops and presents education programs to hospital and dental professional groups focusing on infection prevention, instrument processing and best practices for chemicals. Peggy is a past president, past secretary and current treasurer of the Rocky Mountain Central Sterile Chapter promoting education and certification for Sterile Processing professionals. She is an active speaker for APIC and Sterile Processing professional groups and consultant to the Colorado State Dental Board. A special highlight was speaking at the national IAHCSSMM convention in 2019.

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