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## Preparing for your bed bug treatment

Proper preparation is an essential step for ensuring the most effective results from your upcoming bed bug treatment. CGO Pest Solutions will provide detailed instructions on what you need to do prior to your scheduled treatment. Preparation involves everything from providing adequate access to you unit or property to cleaning and post treatment recommendations. I understand that appropriate preparation can be difficult to achieve in a short period of time. I always allow 3 to 7 days for pretreatment preparation.

### Packing and Furniture Preparation

All furniture should be pulled away from the walls and baseboards at least 2 feet. It is common for items such as book cases and desks to provide hiding places for bed bugs. These items must be emptied of their contents and remain empty for treatment. Items previously stored in sealed containers may remain unopened.

1. Lift mattresses and box springs out of the bed frame and stand them up against the wall.
2. Empty closets of remaining (unlaundered) items and stored items, placing them in plastic bags or containers and moving them to the center of the room.
3. Remove contents from dressers and night stands so that the interiors may be treated. Items should be placed in plastic bags or containers and moved to the center of the room.
4. Remove books from shelving and placed in boxes in the room.
5. Remove all pictures, mirrors and hanging items from the walls so that they may be inspected for treatment.
6. Open any sleeper sofas, futons or convertible beds for treatment.

**Please note:** All homes or apartments/condo units that are noted to have excess clutter will NOT be treated. A thorough and successful treatment cannot be achieved while there is excess clutter and untidiness in the home. Once the clutter has been removed, treatment can be rendered.

### Laundering

Everything that can be laundered should be laundered and placed in clean plastic bags or containers and sealed prior to the treatment.

1. Launder all items (including linens and bedding) according to the manufactures label; however, whenever possible use the highest allowable heat settings in both the washer and drier. Temperatures reaching 140 degrees have been proven to kill all stages of bed bugs.
2. Bags used to transport laundry prior to the washing/drying cycles should never be reused and should be discarded outside the property after transportation. All clean items should be placed in new bags, sealed tightly, and remain sealed during the treatment process.
3. Items that cannot be washed but that can be dried in the dryer at a high heat temperature should be for at least 30 minutes. Discard debris collected in the lint trap after each cycle.
4. Items that cannot be laundered should be taken to the dry cleaners.

### Vacuuming

The mechanical removal of bed bugs by vacuuming thoroughly is an important part of preparing for treatment. The use of a crevice attachment is imperative to access bed bugs hiding inside mattress seams, furniture interiors, baseboards and any place that could accommodate them.

1. Vacuum floors, carpets and area rugs
2. Vacuum mattresses including all crevices, handles, or buttons
3. Vacuum the baseboards, bed frame, sofas, futons, recliners and other over-stuffed and upholstered furniture.
4. Discard all vacuum bags immediately after each use.

Next page please

## **Disposal of Furniture**

There are differing opinions as to whether or not it is necessary to dispose of mattresses, box springs, futons, sofas and other furniture. The cost involved in replacement of beds and other furniture is something to consider when deciding what works for you. It is clear that replacing these items alone will not solve a bed bug problem. The decision to replace the bed unit and other furniture often depends on the condition of and the level of infestation within the items, the comfort of the owner, and whether or not the owner can afford replacement.

GCO Pest Solutions recommends the installation of high-quality, bed bug mattress encasements. Any need to discard the mattress and box spring is often eliminated once it has been treated and covered by a high-quality, bed bug mattress encasement.

## **If You Decide to Throw Out Your Furniture**

Deface, or otherwise damage furniture items so they will not be used by others. Mattresses should be slashed or otherwise damaged to make them unusable and should be wrapped in plastic before being removed from the bedroom. \*Note: moving beds without completely enclosing the mattress and box spring in plastic may spread the infestations by allowing eggs, bed bug nymphs and adult bed bugs to drop from the item as it is moved.

## **Post Treatment**

Once the initial treatment has been completed you must stay out of the treated home or unit for a minimum of four hours. This allows for an appropriate amount of time for the materials used to completely dry. Only after four hours should you, your children and/or your pets resume residence in the home or apartment. From this point forward you may carry on with your normal household activities; however, in order to prevent the need to repeat many of the necessary steps to prepare for your follow-up service, I do recommend that you not move your furniture items back into place if possible. The follow up service will take place approximately 3 weeks from the initial treatment.

I do understand that thorough preparation may present a considerable hardship for some, but I cannot stress the importance that it has on the overall effectiveness of the treatment. If you have any questions please do not hesitate to contact me.