

Bed Bug Treatment Guide

Always read the label directions for each product before use. This document is meant as a general guide to our customers and is not meant as a replacement for reading the product labels.

To see more details regarding bed bug treatment, products, prevention tips, and helpful videos, visit our Bed Bug Page at domyownpestcontrol.com/bedbugs.

STEP 1 - Inspect and Prepare the Room by Removing Clutter

Adult bed bugs are about 3/16-inch long and reddish-brown, with oval, flattened bodies. Immature bed bugs are smaller and lighter in color, making them difficult to see. Bed bugs feed at night, but during the day their tiny flattened bodies allow them to hide in very tight cracks and crevices. Initial infestations tend to be around beds, but the bed bugs may eventually become scattered throughout a room, occupying any crevice or protected location. They can even move under walls to adjacent rooms. Inspect each room carefully for live bed bugs as well as light-brown skin moltings, tiny white eggs and egg shells, and dark fecal spots (digested human blood) along mattress seams, in the cracks and crevices of bed frames, in furniture near the bed, behind headboards, on and inside of box springs, along baseboards, behind picture frames, underneath furniture and in other cracks and crevices around the room. Inspecting and treating all of the hiding places and cracks is the key to getting rid of bed bugs.



To perform a proper bed bug treatment yourself you need to prepare the room by removing clutter. Get rid of items that you do not need to keep or do not want to treat. All other items must be treated in some way. Bag all clothes and linens and remove from room.

Reduce clutter off the floor so that all areas can be thoroughly treated. Be careful not to transfer bed bugs from room to room by carrying things throughout the house. If the mattress and box spring are in very bad shape or heavily infested, they should be replaced or covered with a [bed bug proof mattress cover](#), or a [bed bug mattress encasement](#). We also carry [bed bug box spring encasements](#). Infested bed sheets and garments should be washed and dried in a household dryer on high heat (the heat will kill bed bugs), or discarded since these items cannot be treated with insecticides. In really bad infestations, where the bugs may be infesting personal items (stuffed animals, soft toys, blankets, books), you may need to contain the items in an air proof bin and add vapor strips to the bin to eliminate the Bed bugs on these items.



**Mattress Safe Sofcover
Ultimate Total Mattress
Encasement**



**Mattress Safe Stretch Knit Box
Spring Encasement**



**Mattress Safe Sofcover
PillowSafe Protector**

STEP 2 - Steam the Mattress, Box Spring, and Other Furniture (OPTIONAL)

This step is optional but highly recommended. Use a [bed bug steamer](#) to steam the mattress, box spring and other furniture. Take your time and be thorough. A bed bug or bed bug egg must be directly contacted by the steam to be killed.

Steaming is a great option in rooms where using pesticides must be limited due to health or other concerns. We do strongly recommend that you still treat with an insecticide labeled for bed bugs in areas where it is permissible to do.

If you do not have access to a steamer, you can still use a vacuum and scraper tool on the floor and on infested areas such as seams, tufts and edges of mattresses, inside the bed frame, and edge of wall-to-wall carpeting. Do not use a brush attachment, as some bed bugs and eggs will remain alive in the bristles and be transferred to other areas of the home. Afterward, dispose of the vacuum bag in a sealed trash bag.



**Vapamore MR-100 Primo
Steam Cleaning System**



**AmeriVap Steamax Steam
Cleaning System**

STEP 3 - Thoroughly Treat Cracks, Crevices, Voids, and Fabric Seams and Folds

Our kits contain multiple items so that you can treat all the places where bed bugs hide with the best possible products. Using different formulations and active ingredients will help to reduce the risk of resistance while allowing you to treat thoroughly. Always read each product label completely before applying insecticides. Do not use insecticides on clothing, bed linens, or other items that can be treated in the washer and dryer. Allow applications to dry completely before remaking beds or returning items to other furniture. It is always advised to wear protective equipment such as gloves, long pants, and long sleeves when mixing and applying insecticides.

STEP 3A - Insecticide Concentrate - Temprid SC, FenvaStar EcoCap, EcoVia EC

Most kits come with an insecticide concentrate that you will dilute with water and apply with a hand pump sprayer. (If your kit does NOT contain one of these products, use an aerosol with the wider nozzle - without a crack and crevice straw - for this step). For Temprid SC, use 8-16mL per gallon of water; for FenvaStar or EcoVia EC, use 1-2 oz. per gallon of water. Use the higher rate for your first treatment, and the lower rate for follow up treatments. Treat spots and cracks and crevices around baseboards, door frames, window frames, around bed frames, and under furniture legs. Treat along the edges of wall-to-wall carpeting. Concentrate on small areas, do not make broadcast applications or apply to areas where prolonged contact with skin will occur. Allow this treatment to dry before moving on.



STEP 3B - Aerosol Spray - Bedlam, Bedlam Plus, Temprid Ready Spray, Zenprox Aerosol, Phantom Aerosol

(If your kit does not come with an aerosol, be sure you have treated all possible cracks and crevices with your Insecticide Concentrate, then move on to step 3C.) Take the time to use the straw applicator on the aerosol can, and treat the very fine cracks and crevices on and in furniture around the entire room. Treat upholstered furniture underneath cushions, along seams, folds, legs, and dust liner on the underside. Treat any cracks in baseboards or where carpets meet the wall. Treat the whole bed: along corners, folds, and seams of the mattress; corners, seams, and under stapled dust cover of the box spring; and in joints and other tight spaces of the bed frame. Also treat around picture frames and other wall hangings. Treat cracks and joints in other furniture such as dressers, shelving, and chairs. Allow this application to dry completely before moving on.



**Bedlam
Insecticide Spray**



**NEW Bedlam Plus
Aerosol**



**Temprid Ready
Spray**



**Phantom Aerosol
Spray**



Zenprox Aerosol

STEP 3C - Bed Bug Dust - CimeXa Dust or Alpine Dust

You will use your included Bellow Hand Duster to apply the insecticide dust. Using insecticide dust can be messy, so be sure to wear gloves and consider having a moist paper towel on hand to clean up excess dust. To fill the duster, remove the black rubber stopper on top of the duster. Gently unscrew the top of the CimeXa Dust, and tap into the duster. (For Alpine Dust, use the included scoop, a plastic spoon or another dedicated tool to transfer the dust.) Fill the duster up to halfway (or less), so there is plenty of room for the dust to move inside the duster. You may want to add a few small objects such as pebbles or coins to prevent clumping inside the duster. Replace the black stopper, then remove the cap from the extension wand. To apply dust, hold the duster upside down, so that the extension wand is on top, then gently squeeze the bellows between the thumb and fingers.

Apply dust to voids and other hidden areas where it will not be disturbed, such as behind switch plate and electrical outlet covers, along baseboards where the tip of the duster will fit, and behind wall fixtures. For drawers and furniture, remove drawers and treat along tracks and support, as well as the corners and edges of the drawers. Also treat in cracks and crevices on the undersides of cabinets and other furniture, and in any hollow areas such as bed frame tubing. Check for tears in fabric backing or other hollow areas where the tip of the duster may fit, and treat these areas.

Be careful to avoid over-dusting. CimeXa Dust is very fine, and it only takes an extremely small amount to kill a bed bug. *Do not apply dust as a broadcast or in open areas where it will be moved around as it can become an irritant.* If dust escapes into open areas, simply wipe up the excess dust with a moist paper towel.



CimeXa Insecticide Dust



Alpine Dust

STEP 3D - Contact Kill Spray - Steri-fab (all kits except Commercial and All Natural)

Sterifab does not require any mixing, but you should shake the container well before spraying. Spray Sterifab in areas where you can see live bed bugs. Sterifab acts as a contact kill only, so it is only

actively killing bugs that contact the wet spray. Because of this short action, you can apply Sterifab almost anywhere bugs are found. Concentrate on spraying live bugs in areas where you have not already used the other products in your kit, such as on the resting areas of sofas, chairs, mattresses, or other upholstered furniture; open areas of carpets or floors; and on walls, baseboards, or in corners. *Do not apply to clothing items or directly to people or animals.*



Steri-Fab - 16 oz.

STEP 4 - Wash and Dry All Clothing and Linens

Although this step does not NOT involve any chemicals in your kit, it is a crucial part of your treatment. Wash and dry all clothing and linens before they are returned to the room after there has been no evidence of bedbugs for 30 days. Failure to make sure all items being returned to the room are bedbug free may cause a reinfestation. Objects that cannot be washed can be put into a bag or bin with a Nuvan Pro Strip to eliminate bedbugs. The items must stay sealed for 4 weeks in the bag or bin. If this treatment will not work for you because of the time it takes to eliminate the bed bugs you also have the option of using [bed bug heater](#) like the [ZappBug Heater](#). Place your items inside the unit where they will be heated up to 155 degrees Fahrenheit. Within a few hours, all bed bugs will be killed.

STEP 5 - REPEAT! REPEAT! REPEAT!

Repeat Step 3 (particularly sprays) every 7-10 days until no one is getting bitten and there is no further evidence such as live bugs, cast skins or fresh blood spots found. (*For Phantom Aerosol, use no more than once every 4 weeks*). Dust applications need to be repeated only if they have gotten wet, been removed, or otherwise disturbed. Use Sterifab as needed to kill live bugs on contact. Repeat treatments are absolutely crucial! Depending on the severity of the infestation it can take a minimum of 7-8 weeks, including repeat treatments. Failure to be thorough can prolong the [bed bug control](#) process and can make it harder to eliminate them.

For more information about bed bug treatment, visit DoMyOwnPestControl.com. Or you can email questions to support@domyownpestcontrol.com, or call us at 866-581-7378 M-F 9a-5p EST.