

German Cockroach DIY Checklist

IGR-first plan. Reviewed by Jorge Bedoya, ACE, New York Exterminating. Read every product label before use.

1. Preparation

- ☐ Empty every cabinet, drawer and counter in the treatment area
- ☐ Wipe shelves, hinges and cabinet floors; degrease stove area
- ☐ Fix leaks; no dishes, pet food or open trash overnight
- ☐ First vacuum: cabinet floors, corners, baseboards, cracks
- ☐ Children, pets, birds and aquariums out or covered; ventilate

2. Protective equipment

- ☐ Long-sleeve shirt, long pants, closed shoes
- ☐ Nitrile gloves
- ☐ Fitted N95 mask
- ☐ Close-fitting goggles

3. Application, in order

- ☐ Optional: PT 565 Plus XLO flush, count, let dry, vacuum
- ☐ Tekko Trio Foam into voids: pipe holes, behind appliances
- ☐ Doxem NXT into cracks: about 1 second per injection
- ☐ Advion Trio gel bait: pea-size dots, 1 to 3 per 10 ft (3 to 5 heavy)
- ☐ Let dry, return items in sealed containers, then caulk gaps

4. Monitoring

- ☐ Set 6 to 10 traps along edges: sink, stove, fridge, dishwasher, vanity
- ☐ Date each trap

5. Checks

- ☐ Week 2: count traps, replace bait, vacuum (Doxem not sooner than 7 days)
- ☐ Week 4: count traps; re-apply foam if activity remains
- ☐ Week 8: look for twisted-wing adults; counts near zero
- ☐ Call a licensed applicator if adults and nymphs remain after 2 weeks

Never

- ☐ Bug bombs or repellent sprays near bait or foam
- ☐ Aerosol near flame or pilot lights, or in electrical equipment
- ☐ Bait on hot surfaces or food-prep surfaces