

CPAP

Set Up

For setting up your equipment, you will have:

- CPAP/BIPAP compressor
- 6 ft. of corrugated (flexible) tubing
- Patient interface; i.e. mask or nasal pillows
- Headgear
- Humidifier (optional)

(See **Diagram 1**)

The equipment provider will have preset the pressure on your machine according to your physician's orders.

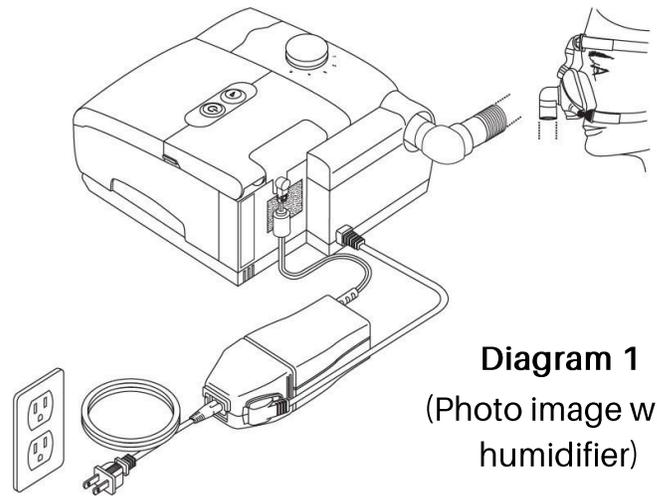


Diagram 1
(Photo image with humidifier)

Using Your Equipment

- Plug unit into a grounded and working outlet
- Attach or connect flex tubing into CPAP/BIPAP unit
- Attach patient interface to opposite end of tubing
- Unhook headgear straps and thread through slots in the mask. Fasten the mask onto the headgear straps and adjust for the largest size possible.
(See **Diagram 2**)
- Hold the mask in place over the nose, pressing gently against your face; slide headgear over your head. Adjust the straps. (See **Diagram 3**)
- To remove mask, unfasten the bottom straps and then slide mask up over your head.
- If your mask does not look like the one in the diagram below, ask your equipment provider for information on your specific mask.

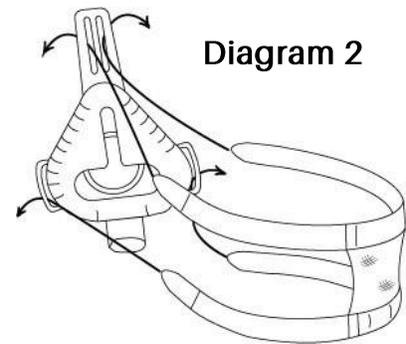


Diagram 2

Frequent Replacement Items

- Filters
- Masks/nasal pillow system or headgear
- Tubing
- Pillows/cushions

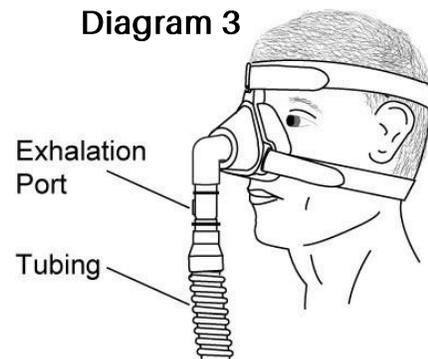


Diagram 3

Safety Issues

- The following conditions may contraindicate the use of CPAP/BIPAP:
 - Bullous Lung Disease
 - Pneumothorax
 - Pneumocephalus
 - Low Blood Pressure

Maintenance

- If your unit is supplied with a foam filter, it must be cleaned (rinsed with water) every week.
- If your unit has a disposable filter, it should be replaced at least every month.
- Masks should be cleaned with mild soap and water every day.
- Tubing should be cleaned with mild soap and water every week and allowed to air dry.
- Unit should be wiped down with damp cloth as needed.
- Headgear should be hand or machine washed periodically.
- The humidifier, if present, should be cleaned with mild soap and water weekly.

Special Procedures

- If nasal drying occurs, the use of a humidifier may be recommended. The humidifier runs between the CPAP/BIPAP compressor and the flexible tubing. Fill the humidifier with distilled water. Refer to specific operators manual for cleaning instructions.
- Hints for mask comfort:
 - Wash face thoroughly before each use to remove excess oils.
 - Do not over-tighten the head strap. Over-tightening can irritate your face and cause damage to the mask.
- If any of the following occur, contact your physician.
 - Runny nose
 - Nasal, sinus or ear pain
 - Obstructive sleep apnea symptoms recur or persist
 - Light-headedness or dizziness