

Phone: (989) 355-1601 / 1-844-445-1122

Fax: (989) 355-1605 / 1-844-284-5628

# CPAP and BIPAP

## Instructions

You have been diagnosed with a breathing problem that interferes with your sleep. This was determined in a study that also determined the amount of air pressure needed to keep your airway open. It is important that you follow your doctor's orders in order to get the full benefit of your CPAP or BIPAP therapy.

### **The respiratory therapist will show you how to do the following:**

1. Identify each part of the CPAP or BIPAP system.
2. Apply the mask.
3. Start and stop the blower unit.
4. Clean and replace parts as needed.
5. Take apart and reassemble the CPAP or BIPAP and humidifier.
6. Identify problems and take the correct action to handle them.

### **BEFORE GOING TO SLEEP:**

Wash your face

Make sure the mask is clean

Fill the humidifier to the fill line with **distilled water only**

The humidifier underneath the water chamber is "**electric**" and should not get wet

Headgear should be flat

Do not move CPAP with water in chamber

### **DAILY CLEANING:**

Mask: Wash with soap and water or use CPAP wipes

Tubing: Shake water out and hang to dry

Humidifier Chamber: empty water out of chamber

### **WEEKLY CLEANING:**

Filters: check for dirt and the need for replacement

Warm water with a mild dishwashing soap, should be used for cleaning of all CPAP/BIPAP parts **OR** Clean all CPAP/BIPAP parts with one (1) part white vinegar to three (3) parts warm water

Soak for 30 minutes

Rinse and air dry

### **QUESTIONS:**

If you have **any** questions about your CPAP or BIPAP equipment and supplies, please call Pro-Air Medical Supply & Equipment at 989-355-1601 or 1-844-445-1122.