



## CPAP/BiPAP UNITS

**PURPOSE:** CPAP (Continuous Positive Airway Pressure) or BiPAP (two pressures) units are electrical devices that use a motor and a blower to maintain a flow of air that provides pressure to your airways, preventing them from collapsing.

**PRESCRIPTION:** CPAP and BiPAP units are by prescription only and your physician has established the set pressure(s). Allay Home Care's respiratory therapist will set your unit per your physician's prescription. If your physician changes your CPAP or BiPAP unit settings, notify Allay Home Care immediately. Humidification and/or oxygen may also be ordered by your physician to use with the CPAP or BiPAP. Allay Home Care's respiratory therapist will perform this set up. When using oxygen, always follow the SAFETY guidelines found on the Oxygen Therapy information sheet.



**USE & OPERATION:** In order for the pressure from the CPAP/BiPAP unit to keep your airways open, a mask or nasal device must be used. These masks or nasal devices must be fitted to your face. The headgear is used to secure the mask or nasal device and it should be snug enough for a good fit in all sleeping positions. Your supplies have a useful life that varies and will need to be replaced occasionally. To replace these items or to purchase additional supplies, call Allay Home Care. A good practice when preparing to go to bed is to put your headgear and mask or nasal device on in front of a mirror. Once you have the headgear and mask on, get into bed and attach the tubing, then turn the unit ON. It is acceptable to gradually work up to wearing the device the entire night. Your compliance with your physician's treatment plan is very important.

**CLEANING & SAFETY:** Always unplug your unit before cleaning it. **Never immerse the unit in water.** CPAP/BiPAP units should be kept clean by using a damp cloth every few days. **Never use alcohol or any alcohol-based solution to clean the unit or supplies.** The CPAP/BiPAP unit must be completely dry before plugging back in. The air-inlet filter should be checked daily. If the filter is reusable, it should be cleaned in a solution of lukewarm soapy water and rinsed thoroughly with water, gently squeezing out excess water and allow to air dry. **Never place a damp filter in your unit.** If disposable, the filter should be changed when dirty. Your Allay Home Care representative will instruct you on filter maintenance for your type of unit. Never clean your mask or nasal device in the dishwasher. Daily cleaning of your mask or nasal device is recommended by gently washing with a soft cloth using a solution of warm water and a mild, clear liquid detergent, rinse well and allow to air dry. Always disconnect your mask/nasal device from your headgear and from the unit before cleaning. Other supplies can be cleaned as needed. Follow the cleaning instructions provided by the manufacturer for your specific supplies. Always allow all CPAP/BiPAP accessories to completely air dry before reattaching them to the unit. If you are using a humidifier, use only distilled water and clean daily by using warm, soapy water, shake vigorously, rinse with clean water and allow to air dry. **Never use an extension cord with your unit or plug it into an outlet with another major appliance.**

**WARRANTY:** If you purchased your unit, there is a 1 year manufacturer's warranty.  
**Never attempt to repair a unit yourself.** Call Allay Home Care if your unit needs service.

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