

Patient Information

Respiratory and Sleep Sciences

How to look after your Continuous Positive Airway Pressure (CPAP) equipment

Introduction

When you were issued with CPAP therapy you will have been given the following equipment:

- CPAP machine with power cable and filter
- Hose
- Mask
- Humidifier (not every patient on CPAP has a humidifier; these are only issued when needed).

It is important for your own wellbeing that you look after all your equipment and keep it clean. **This is your responsibility, not the responsibility of the Respiratory Physiology and Sleep department.**

CPAP machine

Disconnect the CPAP machine from the power supply before cleaning.

Do not under any circumstances immerse the machine in water.

Do not use cleaning agents on your machine.

Wipe your machine with a damp cloth and then dry with a soft cloth. Ensure your machine is completely dry before reconnecting the power supply.



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Filter

The CPAP device you were given has a filter either at the back of the device or at the side of the device in an enclosed compartment. The filter is designed to collect the dust in the air as we do not want you to breathe it in. It is important that you tap or shake the filter once a week to remove any dust .

Mask

The mask you were given is designed to last for 9 to 12 months if cleaning instructions are followed correctly. Most mask issues and skin irritation are caused by poor hygiene of your mask.

Your mask should be washed daily in warm soapy water; non-branded brand washing up liquid is ideal. You should avoid anything that has antibacterial or moisturising agents as this tends to strip the silicone seal of your mask. Allow your mask to air dry. It is better to wash your mask in the morning so that it is dry for when you go to bed.

The head gear to your mask should be washed as and when needed (at least once a week is advised). You cannot put your head gear in the washing machine, and the head gear **cannot** be tumble dried. You can wash your head gear by hand in warm soapy water; cheaper brand washing up liquid is ideal. Please be aware when head gear is removed from the mask for washing you will need to go back to basics and refit your mask. Baby wipes and antibacterial wipes **should not** be used to clean your mask.

Hose

Hoses do not need to be washed on a regular basis. However, if the hose becomes dirty it can be rinsed with warm soapy water (plain washing up liquid); shake off any excess water after rinsing and hang the tube vertically to allow the water to drain and dry completely.

Frequently Asked Questions

How do I know when my CPAP device needs service?

Our CPAP devices are serviced every 5 years, however on occasion our current policy is subject to change.

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On your CPAP device you will find a PAT test label. On the label you will see a date; this shows when your CPAP device was serviced. Your CPAP device will need servicing every 5 years from that date. It is your responsibility to telephone the Respiratory Physiology and Sleep department on **024 7696 6729** or email GMBsleep@uhcw.nhs.uk to arrange a date and time to come to the department to have your device serviced. It is important that you bring your current CPAP device, power cable and bag to the appointment with you, as your device will be swapped at this time.

How do I get new consumables if needed?

Your mask is designed to last around 9 to 12 months if the correct cleaning procedure is used. However, there are times that your mask will loosen due to everyday use. You will be given new consumables when required following your CPAP compliance phone consultation appointment.

If you need new consumables, such as mask or hose, please contact the Respiratory Physiologist and Sleep department. We will happily arrange new consumables for you. Contact the Respiratory Physiology and Sleep department on telephone number **024 7696 6729** or email GMBsleep@uhcw.nhs.uk

Due to high demand of the sleep service, we are unable to see any patients without an appointment. Please contact the department for an appointment by calling 024 7696 6734 or emailing GMBsleep@uhcw.nhs.uk.

If you have any issues or questions concerning your CPAP device or consumables, please contact the Respiratory Physiology and Sleep department.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6734 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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www.uhcw.nhs.uk/feedback



Document History

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|-------------|-----------------|
| Department: | Respiratory |
| Contact: | 26734 |
| Updated: | May 2024 |
| Review: | May 2027 |
| Version: | 2 |
| Reference: | HIC/LFT/2108/17 |