

# Nasal CPAP/Bi-Level Patient Instructions

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# Your Prescription

Pressure Setting I (inhale): \_\_\_\_\_ cm H<sub>2</sub>O

Pressure Setting E (exhale): \_\_\_\_\_ cm H<sub>2</sub>O

Unit: \_\_\_\_\_

Mask or Pillow Size: \_\_\_\_\_

Model: \_\_\_\_\_

Headgear Size: \_\_\_\_\_

Headgear Type: \_\_\_\_\_

Ramp: \_\_\_\_\_

Humidifier: \_\_\_\_\_

Oxygen Prescription: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

Your CPAP/bi-level unit is a prescribed medical therapy unit that needs to be applied in a very specific manner. If your doctor changes your CPAP/bi-level unit settings, notify MedPro Respiratory Care immediately.

Please note that the information provided here is meant to supplement, not replace, any special instructions provided by your doctor.

**Note:** Your unit may look different than the units pictures in these instructions.

# Why Nasal CPAP/Bi-Level Therapy is Needed



Both CPAP and bi-level therapies use Continuous Positive Airway Pressure (CPAP) to treat Obstructive Sleep Apnea (OSA).

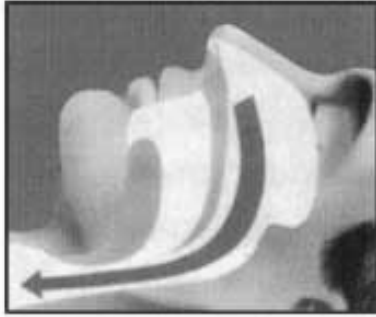
## Common Signs and Symptoms of Obstructive Sleep Apnea

- ~ Snoring
- ~ Excessive daytime sleepiness
- ~ Restless sleep (may include moving arms and legs)
- ~ Morning headaches
- ~ Slight disorientation/memory lapses
- ~ Irritability
- ~ Personality changes
- ~ Pauses when the patient doesn't breathe during sleep

Obstructive Sleep Apnea is a sleep disorder that occurs when the airway is obstructed or blocked. As a result, no air moves into or out of the lungs (this is called “apnea”). The obstruction may be due to a variety of factors including loss of muscle control over the tongue which may cause the tongue to fall back against the airway and/or the collapse of the soft palate (the soft part of the roof of the mouth) over the airway.

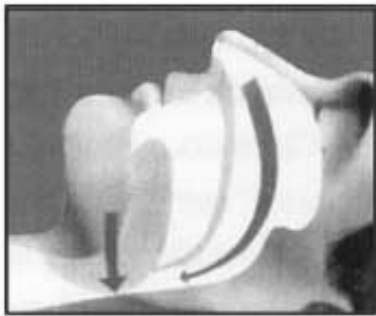
You breathe differently during sleep and wakefulness. During sleep, your muscles relax, your airway narrows and your body exerts less effort to breathe.

During an episode of apnea, the brain causes you to awaken slightly without even realizing it so that you can breathe. Episodes of apnea can last from just a few seconds to over a minute



**Normal Breathing**

- Airway is open
- Air flows freely to lungs



**Obstructive Sleep Apnea**

- Airway collapses
- Blocked air flow

**Why Nasal CPAP/Bi-Level Therapy is Needed** (*continued*)

and can occur hundreds of times throughout the night. With each breath, oxygen should be brought into the lungs, absorbed into the blood, and then distributed to the organs and tissues. Also, carbon dioxide should be exhaled. During apnea episodes, the oxygen content of the blood decreases and carbon dioxide levels increase. This causes the blood pressure to rise, which puts stress on the heart and other organs. Also, this constant interruption of deep sleep results in a loss of restful, healthy sleep, and generally causes daytime sleepiness.

The CPAP/bi-level unit treats Obstructive Sleep Apnea by providing low pressure airflow to your airways by means of a nasal mask that fits over the nose or nasal pillows which are inserted into the nostrils. Air pressure holds the airway open, preventing the collapse of the palate and tongue over the air passage. This allows for normal breathing and uninterrupted sleep.

# Your CPAP/ Bi-Level Unit

The CPAP and bi-level units use electrically powered motors and blowers to maintain the air flow necessary for treatment. As room air enters the unit, it is filtered for dust and other airborne particles, then pushed through the circuit into your airways.

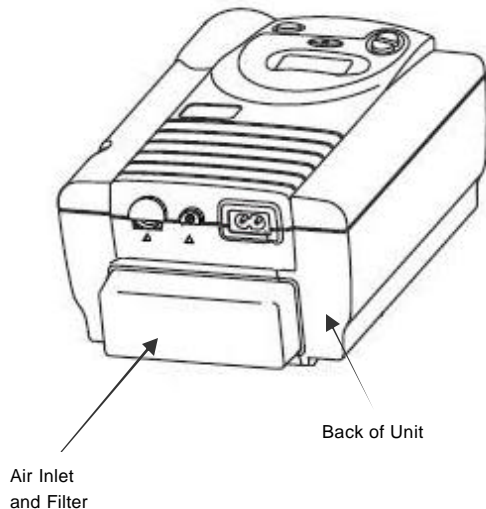
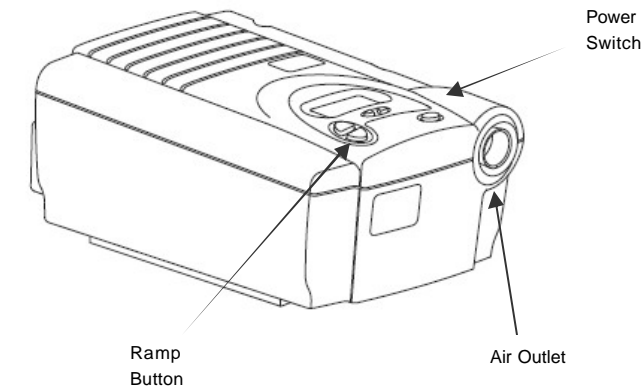
Your doctor has prescribed the appropriate level of air pressure to keep your airway open during sleep. Your CPAP or bi-level unit has been preset by MedPro Respiratory to deliver the correct pressure level.

**Do not make any adjustment to your CPAP or bi-level unit.** If you have any questions about your prescribed setting, please consult your doctor or MedPro Respiratory.

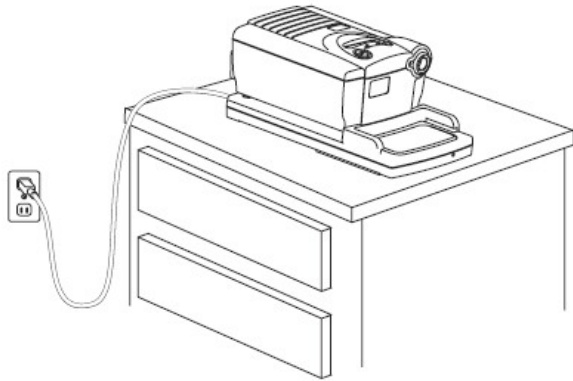
CPAP and bi-level units are available in different models. However, all models have the same basic parts: a **power switch** to turn the unit off and on, an **air outlet** to which the tubing is connected, an **air inlet** where air is pulled into the unit through a **filter(s)** which removes dust and lint from incoming air.

## Ramp Feature

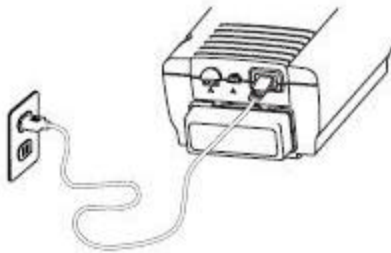
Some units are equipped with a feature called ramp. The ramp feature allows you to reduce the air pressure to a very low level as you begin to fall asleep. Within an adjustable time frame, the pressure will automatically “ramp up” to your prescription pressure at a gentle rate that should not awaken you. Some units allow you to set your ramp time. Your MedPro representative will demonstrate what features your CPAP/bi-level unit offers.



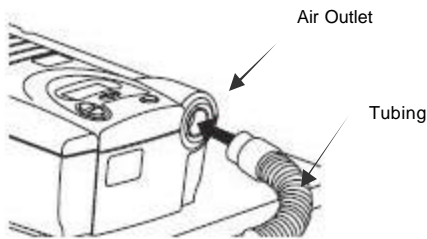
# Operating Your CPAP/ Bi-Level Unit



*Place unit on a sturdy surface.*



*Plug unit into a grounded wall outlet*



*Connecting the tubing*

The following step-by-step instructions will help you operate your unit.

**Step 1:** Place the CPAP/bi-level unit on a sturdy surface.

- Select a location near the bedside on a nightstand or dresser.
- Make certain there is air circulation around the unit and that the air inlet is not blocked by bedclothes, draperies or furniture.
- Do not place the unit near a heat source.
- Do not place the unit on a pad or carpet that could obstruct the flow of air around or underneath the unit.
- If you are using a room humidifier, make certain it is placed a minimum of six feet away from your CPAP/bi-level unit.

**Step 2:** If the AC power cord is not permanently attached to your unit, plug its female end into the AC power inlet on the back of the unit. Plug the other end of the cord into an appropriate electrical power outlet.

- Do not use an extension cord with your unit.
- Do not plug the unit into an outlet that has other major appliances plugged into it.

**Step 3:** Connect your tubing to the air outlet on the CPAP/bi-level or humidifier, if applicable. Fill humidifier chamber with DISTILLED water.

**Step 4:** Assemble and fit your nasal mask or nasal pillow circuit as instructed. Keep the unit turned OFF until you have completely put on and secured the nasal mask or nasal pillows and headgear.

# Cleaning Your Humidifier

Note: If you have a heated humidifier, immerse only the water chamber in water or disinfectant. Never immerse electrical appliances in any liquid.

## Daily Cleaning

Step 1: Check water level everyday.

Step 2: Empty any remaining water out of the reservoir after each use.

Step 3: Wash your hands.

Step 4: Rinse with clean water and allow to air dry.

## Twice Weekly Cleaning

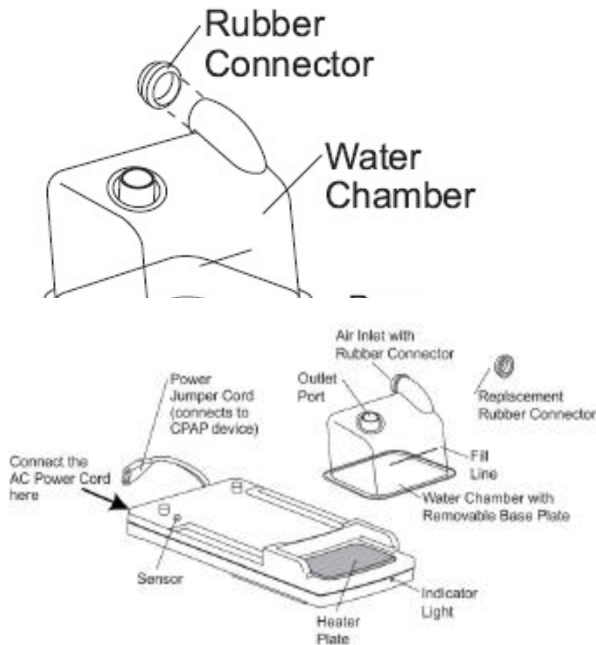
Step 1: Wash your hands.

Step 2: Soak the humidifier in soap and water for 30 minutes. Be sure the mixture completely covers and fills the humidifier.

Step 3: Remove the humidifier and shake out the excess solution.

Step 4: Rinse with clean water and allow to air dry.

NOTE: *DO NOT* immerse CPAP/bi-level unit in water.





# Cleaning Your Equipment

## Mask Interface and Tubing

To lengthen the life of your equipment and supplies, it is important to inspect and clean all components regularly. The masks, tubing and headgear should last approximately 6 to 12 months, but the actual life of the equipment can vary greatly. Inspect all components daily and clean them as necessary. Daily cleaning is recommended.

**Caution: *DO NOT* clean any parts of the system with alcohol, cleaning solutions containing alcohol or any strong household cleansers.**

### DAILY

Follow these procedures for cleaning your CPAP or bi-level equipment.

Step 1: Wash your hands.

Step 2: With a soft cloth, gently wash the mask or pillows with a solution of warm water and a mild, clear liquid detergent.

Step 3: Rinse thoroughly. If the mask still feels oily, repeat Step 3.

Step 4: Allow the mask or pillow to air dry.

### WEEKLY

Step 1: Wash your hands.

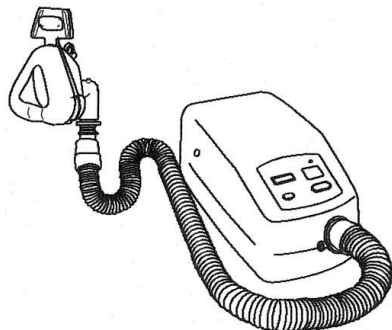
Step 2: Soak tubing and filter (if applicable). Hang tubing over door or shower rod to drain excess water.

Step 2: With a soft cloth, gently wash the mask frame, humidifier chamber, and mask headgear with a solution of warm water and a mild, clear liquid detergent.

Step 3: Rinse thoroughly.

Step 4: Allow to air dry.

# Cleaning the CPAP/Bi-Level Unit



## Clean Your Unit Weekly

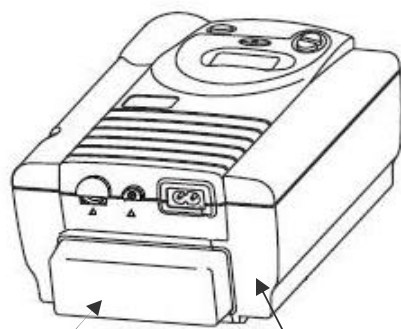
Step 1: Unplug the unit before cleaning it. Never immerse the unit in water.

Step 2: Using a cloth slightly dampened with water and wipe the outside of the unit.

Step 3: Use a dry cloth to wipe the unit dry.

Step 4: Make sure the unit is thoroughly dry before plugging it in again.

# Filter Maintenance



Air Inlet and Filter

Back of Unit

## Check Monthly

Filter maintenance will depend on the model of unit you have.

Please review the manufacturer's product literature for specific filter maintenance instructions. If you have any questions, call MedPro Respiratory.

**Never place a damp filter in your CPAP or bi-level unit.**

# Information for Nasal CPAP Patients

The nasal CPAP device provides a treatment for your sleep disorder and should be used every night (and/or anytime that you sleep).

1. Since your sleep is now deeper and more restful than before, you may not need to sleep as many hours to be rested.
2. Try to go to bed and get up about the same time everyday. This will help your body to establish a regular sleep/wake cycle.
3. CPAP or bi-level therapy may help to lower blood pressure in patients who have hypertension. If you are on blood pressure medication, make sure all of your doctors are aware that you are using a CPAP or bi-level unit. Never change your blood pressure medication without your doctor's approval.
4. After a week or two of using your CPAP or bi-level unit, you should be less sleepy during the day.
5. Your snoring should be reduced or eliminated when you use your CPAP or bi-level unit. If a family member notices that you are beginning to snore loudly again while wearing the unit, inform MedPro Respiratory. You may need an adjustment to your CPAP pressure.
6. Though most CPAP/Bi-level units are very quiet, the noise of the machine may initially be bothersome to you and your bed partner. Generally, it is a matter of just getting used to it and usually will become less bothersome over time. If after several weeks it still bothers you, you can explore the possibility of placing the machine further away from you. MedPro will be happy to advise you, if you decide this step is necessary.
7. During the first few weeks of treatment you may experience some sneezing and perhaps a sensation of nasal obstruction. This is normal. Nasal congestion is the most common side effect of CPAP therapy. A common cause of nasal congestion is the drying and cooling of the upper airway by your CPAP device.

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## Information for Nasal CPAP Patients *(continued)*

This is the feeling of dryness in your throat and nose. Many times this will resolve itself as you become accustomed to your CPAP unit. It may take up to four weeks.

**NOTE: If dryness is occurring, please advise your MedPro therapist as you may need your humidity setting adjusted.**

8. The CPAP machine is designed to eliminate the interruption of your respirations during sleep at your current weight. However, if you are overweight, weight loss generally will improve your overall health and could allow your doctor to decrease the pressure of air used in your machine. If you gain weight, your doctor may need to increase the pressure of your CPAP unit. If you experience significant loss or gain, you may wish to contact your physician.
9. If you require surgery or hospitalization for any reason, make sure you inform your physician of your diagnosis and the need to use the CPAP machine with all sleep. You may need to take your CPAP unit to the hospital so that you can use it during your hospitalization, especially when you are sedated before and after surgery. Ask your physician.

You should be able to use CPAP all night long, every night. If, after trying these suggestions, you cannot sleep through the night, please contact MedPro Respiratory.

# Safety Precautions



## Use Your Equipment Safely

**Never immerse the CPAP or bi-level units in water.**

Never try to clean the unit by placing it in water. The electrical components will be damaged and this can create a shock to the user the next time it is plugged into an electrical outlet.

**Never plug in the unit if it is wet or damp.**

Moisture always increases the potential of electrical shock.

**Never plug your unit into an electrical outlet that is being used to supply power to another major appliance.**

Plug your unit into an electrical outlet that is NOT being used to supply electricity to other major appliances. If you need to use the same outlet that is shared by other equipment, make sure the other appliances are NOT being used at the same time.

**Never try to repair your CPAP or bi-level unit.**

Your unit is considered medical equipment and needs to be worked on by a professional. If you are renting this equipment, call MedPro Respiratory and your unit will be replaced. If you have purchased the unit, contact MedPro Respiratory for assistance in getting it repaired.

**Never use your unit with an extension cord.**