



CPAP

Sleep apnea is a disorder that causes people to frequently stop breathing for short periods while sleeping. As a result, they fail to get:

- A restful night's sleep
- The oxygen their body needs

If left untreated, sleep apnea increases the risk of high blood pressure, heart problems and stroke. CPAP (Continuous Positive Airway Pressure) is utilized for the treatment of obstructive sleep apnea. Your doctor has prescribed a CPAP System for your use at home for the treatment of obstructive sleep apnea.

The equipment delivers a flow of air at a prescribed amount of pressure, applied through a mask over the nose. This pressure prevents the structures in your throat from blocking air movement in and out of your lungs while you sleep. You will experience almost immediate relief from your symptoms by using CPAP Therapy.

If your doctor has prescribed oxygen and/or a humidifier along with the CPAP system, this will be explained to you during your training.

The settings and other specifics of your prescribed therapy are shown below:

..... cm H₂O pressure
..... Maximum ramp time
..... O₂ LPM (if ordered)
..... Humidifier (if ordered)
..... Nasal Mask/Pillow size
..... Spacer (if applicable)
..... Headgear/Softcap size
..... Chin Strap (if applicable)

These settings have been made and the prescribed accessories indicated above have been provided by our representative.

GENERAL INSTRUCTIONS

This system has been prescribed by your doctor. It is important that you use the system EXACTLY as your doctor prescribed.

The pressure (and other settings if applicable) has been prescribed specifically to treat your disorder. These settings have been made to your CPAP device according to what your doctor prescribed, and can not be changed without consulting your doctor.

Read the Operating Instructions that have been provided by our representative. These instructions are written specifically for the system you have been provided. These instructions serve as a reference. They should be used in conjunction with the instructions and protocol set by the doctor ordering the system and the training provided by our representative.

We provide 24-hour service to assist you with any problems you may encounter. However, CPAP therapy is not a life sustaining form of treatment and most services will be provided during normal business hours.

RECOMMENDED CLEANING PROCEDURE

Expiration valve (when applicable), nasal mask/pillows

Each morning

- Disassemble and wash with liquid dish washing detergent and warm tap water in clean basin or container.
- Rinse well with clear warm running tap water. Proper rinsing reduces the potential for skin irritation resulting from soap residue.
- Air dry.
- Reassemble when dry.
- If still damp when ready to use, assemble the nasal mask/pillows to the swivel and then to the hose. Attach the other end of the hose to the flow generator. Turn the generator on and allow these items to blow dry for 10 to 20 minutes.

Flow Generator Cabinet

Once a week, unplug the unit and wipe the outside of the cabinet with a cloth slightly dampened with warm water.

NEVER immerse the unit in water or allow water to enter any vents or ports.

Make sure the unit is completely dry before plugging in.

Filters

Clean and/or replace filters as instructed by our representative. (Refer to Operating Instructions.)

Humidifier (if applicable)

Clean and disinfect as instructed by our representative. (Refer to Operating Instructions.)

Headgear/Softcap and Straps

These items should be washed once a week using mild detergent and warm water either by hand or in the washing machine. NEVER place in a dryer. Always hang to dry.

HELPFUL HINTS

Washing your face with soap and water to remove excess facial oils before putting on the nasal mask helps prolong the life of the mask and headgear/softcap and straps.

Once the straps are properly adjusted, the mask and headgear/softcap can be removed and reapplied by unfastening or loosening one strap only. You can mark the positions where the end of each strap is fastened to the velcro with a permanent marker for easy adjustment after washing.

A tighter fit is NOT necessarily better. It can be as loose as desired as long as you are able to maintain a seal.

If you are using a room humidifier, please be sure that it is placed at least six feet from your CPAP system.

SAFETY PRECAUTIONS

If supplemental oxygen is being used in conjunction with your system, this equipment must be kept away from heat or open flame. Smoking in the area of this device is absolutely prohibited.

When using supplemental oxygen, make sure that the CPAP System is running before the oxygen source is turned ON. Turn the oxygen flow OFF before turning the System OFF.

To avoid electrical shock, unplug the unit before cleaning or changing the fuses.

The System must be positioned on its base on a level, secure surface for proper operation.

DO NOT block the vents and filter openings of your unit. Air must flow freely around the unit for the system to work properly. Make sure that bedding, draperies, curtains, etc. do not restrict airflow.

Tobacco smoke will cause tar build up that may result in the units malfunctioning. Do not permit smoking in the room with the unit.

Do not use the system around water, other than that contained in the humidifier. Electrical shock may occur.

All settings must be determined by your doctor through appropriate diagnostic studies and monitoring. These settings are to be adjusted only by authorized personnel in compliance with your doctor's prescription.

This system must never be turned on and left unattended.

If your system is dropped or otherwise damaged, or if any liquid is spilled into the system, do not use. Contact our office immediately.

Make sure that all fittings and connections have been properly secured prior to use. The exhalation port/valve on your mask system is designed to exhaust CO₂ (carbon dioxide) from the patient circuit. Continuous flow is required for safe operation. Do not block or try to seal the exhalation opening.

If using a mask that covers your mouth and nose, do not eat or drink for two to three hours prior to bedtime.

Read and understand your Operating Instructions prior to using your system. If you have questions contact our office.

It is recommended that you not plug your system into an outlet that is controlled by a wall switch.

Your system is not intended for life support.

ROUTINE MAINTENANCE

There are no user-serviceable components in your system. DO not attempt to open the enclosure or service this device.

At least once a year arrangements should be made to have your unit tested. This check-up is necessary to assure the long life of your unit and to ensure that you are getting the treatment prescribed by your doctor. Our representative will check your equipment periodically including the circuit, mask fit, and the pressure being delivered by your unit. In typical use, the hose, mask nasal/pillows, and headgear/softcap may need to be replaced once or twice a year and the hose annually.

TROUBLESHOOTING GUIDE

Refer to your Operating Instructions for such common problems as air leaks around the mask; sore or dry eyes; skin irritation; dryness or burning sensation in the throat, nose, or nasal sinuses, or ear pain; feeling that the pressure is too high or too low; air from the device seems warm; etc. The operating Instructions will give possible causes and instructions to solve the problem. Contact our office if you are unable to correct the problem.

TRAVEL TIPS

When transporting your system, precautions should be used to avoid exposure to extreme temperatures. If exposure to such temperatures does occur, the unit should be allowed to return to room temperature before being turned ON.

The voltage selector switch, if applicable, must be set for the proper line voltage. Refer to the operating Instructions for a guide to line voltages/fuse size required to operate your unit when traveling outside the United States. You can also call our office for assistance prior to your travel.

The carrying case, if provided, is designed to be used as an airline carry-on bag. When traveling, do not check your unit as baggage. Always use the carrying case for the unit's protection. The accessories (including the humidifier) can also be placed inside the carrying case.

If your CPAP system is used on a 12-volt system in a recreational vehicle or a motor home, do not attempt to use any power cord other than the DC power cord provided by our representative. Using a different power cord may result in damage to your vehicle and/or to your CPAP system.

REMEMBER

Your doctor has prescribed your course of treatment, which involves this system. You have been instructed on the use of this system. Should any problem occur, contact our office or your doctor immediately.