

# CPAP/BIPAP

USE A **FREE AND CLEAR DISH SOAP** TO WASH TUBING, MASK, WATER TANK AND SEALS. MAY USE 1:1 **WHITE DISTILLED VINEGAR** AND WATER X 30 MINUTES FOR OCCASIONAL DISINFECTION IF YOU HAVE BEEN SICK WITH A PATHOGEN. NORMALLY NEVER SOAK YOUR ITEMS FOR MORE THAN 5 MINUTES IN WATER. **70% ISOPROPYL ALCOHOL** CAN BE USED TO WIPE DOWN HARD SURFACES. AND NEVER USE ANY OTHER WATER THAN **DISTILLED WATER**, AND DO NOT BUY WITH MINERALS ADDED BACK. CPAP MASK WIPES CAN BE USED FOR THE DAILY CLEANING OF THE MASK CUSHION. DO NOT USE WIPES WITH HARSH CHEMICALS, ALOE, VITAMIN E, OR OTHER LOTIONS.

## **\*\*ONCE A MONTH**

REPLACE THE ULTRA FINE OR DISPOSABLE FILTERS

WASH THE REUSABLE FILTER (DRY WELL BEFORE REPLACING IN MACHINE)

CLEAN THE SEAL IN THE HUMIDIFIER (REMOVE IF POSSIBLE, WARM SOAPY WATER)

WIPE OUT THE ENTIRE INSIDE OF HUMIDIFIER (70% ALCOHOL AND PAPER TOWEL OR ALCOHOL WIPES)

## **\*\*ONCE A WEEK:**

WASH THE TUBING (WARM SOAPY WATER)

WASH THE MASK AND HEADGEAR (WARM SOAPY WATER)

WASH THE WATER TANK (WARM SOAPY WATER)

WIPE DOWN WHOLE MACHINE (DAMP CLOTH)

## **\*\*ONCE A DAY:**

CLEAN THE CUSHION (WHATEVER TOUCHES NOSE OR FACE)

# **CPAP/BIPAP SUPPLY REPLACEMENT**

## **MONTHLY**

2 FILTERS (ULTRA FINE OR DISPOSABLE)

MASK CUSHION (1 FULL FACE CUSHION) (1 NASAL CUSHION) OR (2 NASAL PILLOWS)

## **EVERY 3 MONTHS**

TUBING

## **EVERY 6 MONTHS**

MASK AND HEADGEAR

WATER TANK

REUSABLE FILTER

AHI	< 5.0
THERAPY HOURS	≥ 4.0 (7-9HRS)
%MASK FIT	90-100%