

Model #: \_\_\_\_\_  
Serial #: \_\_\_\_\_  
Date: \_\_\_\_\_

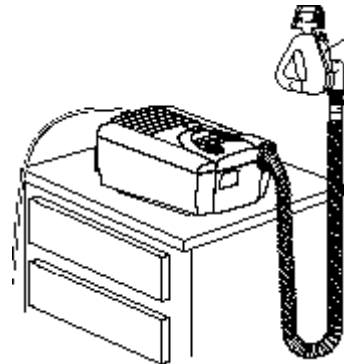
Provider Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Contact Person: \_\_\_\_\_

#### Setting up your equipment:

For setting up your equipment, you will have:

- CPAP compressor
- 6 ft. of corrugated (flexible) tubing
- Patient interface; i.e. mask or nasal pillows
- Headgear
- Humidifier (optional)

(See Diagram 1)



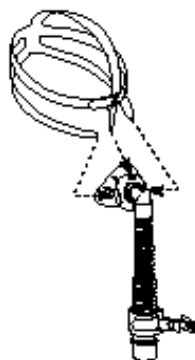
**Diagram 1**

The equipment provider will have preset the pressure on your machine according to your physician's orders.

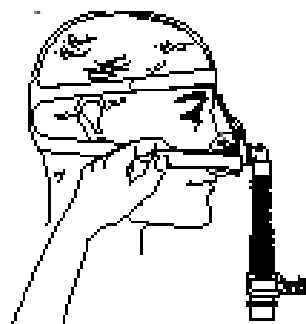
#### Using your equipment:

- Plug unit into a grounded and working outlet
- Insert flex tubing into CPAP unit
- Attach patient interface to opposite end of tubing
- Unhook headgear straps and thread through slots in the mask. Fasten the mask onto the headgear straps and adjust for the largest size possible. (See Diagram 2)
- Hold the mask in place over the nose, pressing gently against your face; slide headgear over your head. Adjust the straps. (See Diagram 3)
- To remove mask, simply slide the mask up over your head. If necessary unfasten one of the bottom straps.
- If your mask does not look like the one in the diagram below, ask your equipment provider for information on your specific mask.

**Diagram 2**



**Diagram 3**



**Maintenance:**

- If your unit is supplied with a foam filter, it must be cleaned (rinsed with water) every week.
- If your unit has a disposable filter, it must be replaced every year.
- Masks should be cleaned with mild soap and water every day.
- Tubing should be cleaned with mild soap and water every week and allowed to air dry.
- Unit should be wiped down with damp cloth as needed.
- Headgear should be hand or machine washed periodically.
- The humidifier, if present, should be cleaned with mild soap and water weekly. White vinegar may be used to remove deposits if you have hard water.

**Special Procedures:**

- If nasal drying occurs, the use of a humidifier may be recommended. The short flexible tubing connects the CPAP compressor to the humidifier. The long flexible tubing connects the humidifier to the mask (See Diagram 4). Fill the humidifier with distilled water. See Maintenance Section for cleaning instructions.
- Hints for mask comfort:
  - Wash face thoroughly before each use to remove excess oils.
  - Do not over-tighten the head strap. Over-tightening can irritate your face and cause damage to the mask.
- If any of the following occur, contact your physician.
  - Runny nose
  - Nasal, sinus or ear pain
  - Obstructive sleep apnea symptoms reoccur or persist
  - Light-headedness or dizziness

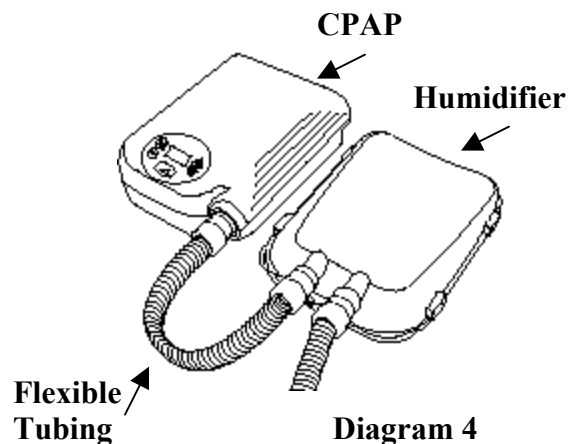
**Frequent replacement items:**

- Filters
- Masks or headgear
- Tubing

**Safety Issues:**

The following conditions may contraindicate the use of CPAP:

- Bullous Lung Disease
- Pneumothorax
- Pneumocephalus
- Low Blood Pressure



**Please contact your equipment provider for any questions, adjustments, or repairs.**

Your local provider:



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