



## **BiPAP**

### **HOW TO USE AND CARE FOR YOUR NEW MACHINE:**

#### **1. Filters and supply replacement**

- a. Your machine has a filter, check your filter daily to make sure it isn't dirty. You can call us to have new filters mailed to you monthly. Typically, your insurance will provide you with 2 disposable filters per month.
- b. Your insurance company will provide you with a new mask seal monthly. The replacement schedule for tubing is every 3 months and every 6 months for a mask with headgear. Remember these supplies are disposable and are meant to be changed on a schedule for the best outcome.

#### **2. SD Card/Modem**

- a. The SD card will only need to be pulled if you get a call from us requesting you to do so.
- b. There is a modem inside the machine. It will allow us to monitor your compliance, response to treatment, and if your mask is leaking.






#### **3. Humidifier**

- a. Fill the humidifier with DISTILLED WATER only to the line marked on the humidifier.
- b. Wash the humidifier once a week with equal parts tap water and white vinegar or soap and water. Let the humidifier air dry.

#### **4. Machine**

- a. Turn the machine on by hitting the on/off button.
- b. Place the mask on your face securing the straps. Ensure the straps are not too tight, lay down to help the mask create a seal before you start to tighten the straps. There should be no leaking around your eyes, however, a small leak at your chin is ok as the machine is designed to compensate for small leaks.

### **CLEANING TIPS:**

Piece of Equipment	How Often Cleaned	Directions to Clean
<b>Filter</b> 	Check filter daily	<p>If you have a disposable filter, toss and replace it with a new one.</p> <p>Reusable filters can be rinsed. Dry filter completely before putting back in your machine.</p>
<b>Mask Insert</b> 	Daily	<p>Wipe down BiPAP mask with BiPAP wipes or a plain wet washcloth.</p> <p>Change mask insert monthly</p>
<b>Tubing</b> 	Weekly	<p>Clean inside and outside of tubing by submerging in mild soap (dial, dove, or baby shampoo) and water.</p> <p>Rinse thoroughly.</p> <p>Hang to dry.</p> <p>Do not put in machine while wet!</p> <p>Tubing will be replaced every 3 months.</p>
<b>Head Gear</b> 	Weekly	<p>Rub with mild soap (dial, dove, or baby shampoo) and water in a sink or tub.</p> <p>Rinse with warm water.</p> <p>Place on flat surface to dry. Avoid direct sunlight.</p> <p>Head gear will be replaced every 6 months.</p>
<b>Humidifier</b> 	Weekly	<p>Dump distilled water after every use.</p> <p>Use mild soap (dial, dove, or baby shampoo) and water or 50/50 white vinegar/tap water to clean the humidifier.</p> <p>Rinse with warm water.</p>