



Tip Card

- Use distilled water ONLY in the humidifier.
- Your BiPAP should be on every time you sleep.
- Do NOT over tighten your mask. Aim for a leak below 25 (leak may be higher in some cases).
- Do not eat or drink while using BiPAP.
- When you are cleaning your BiPAP use a mild soap. Mild soap that can be used is dial, dove, or baby shampoo. Do NOT use dawn as it will break down your equipment.
- Remember to clean your equipment.
- *Ayr saline nasal gel* can be used for skin breakdown on your nose.
- If there is an excessive air leak, try adjusting your mask.
- If your nose gets stuffy or dry with your BiPAP, consider using a nasal spray before going to sleep.
- Dry mouth is common if you sleep with your mouth open while using a nasal mask or nasal pillows, ask about using a chin strap.
- If your mask or headgear irritates your skin, skin protectors and extra padding for head gear are available to purchase at Mountaineer Home Medical.
- If you have pets either put your tubing away when not using it or use tubing wrap. Tubing wraps are available to purchase at Mountaineer Home Medical.
- Sometimes water can accumulate in the tubing. If this happens, try turning down the humidification or tubing wrap.
- Talk to your doctor if you feel your settings need to be adjusted.
- We are here to help! If you have any questions regarding your BiPAP reach out to us at (304) 225-6290.