

## Maintaining your CPAP/Bi-level Unit

### Mask/Nasal Pillows/Swivel Adaptor **\*\*Mask replace every 6 months, nasal pillows or cushion monthly (as needed)**

1. Daily, wipe with hot soapy cloth (Ivory/baby shampoo recommended), rinse well or use a baby wipe for cleaning.
2. Never clean the mask with alcohol or bleach.

### Headgear/Chin Strap **\*\*Replace every 6 months**

1. Weekly, hand wash in a mild detergent (no bleach), or hot soapy water, air dry.
2. Do not dry in a dryer or iron the headgear or chin strap.

### Tubing **\*\*Replace every 6 months**

1. Weekly, wash in hot soapy water (Ivory/baby shampoo), rinse well and hang to dry.

### Humidifier-Heated Chamber **\*\*Replace chamber every 6 months**

1. Daily, empty distilled water from humidifier and let air dry
2. Weekly wash humidifier in hot soapy water (Ivory/baby shampoo), rinse well.
3. As needed, soak the chamber for 30 minutes in 1 part white vinegar to 3 parts hot water, rinse well with warm water and air dry

### Filters

1. ResMed/Fisher & Paykel CPAP/Bi-level
  - a. Filter Strips- Check the strips periodically  
**\*\*Replace every 3-6 months or when discolored**
2. Resironics CPAP/Bi-level
  - a. Gray-Wash every 2 weeks with hot soapy water, rinse, put in towel squeeze moisture out, let dry before placing in the unit. **\*\*Replace every 6 months.**
  - b. White  
**\*\*Replace every 3-6 months or when discolored**

**\*\*Individual insurance plans determine the frequency as to when the supplies are covered.**

### HOME AND SAFETY INSTRUCTIONS

- Do not use frayed or cracked electrical cords, multi plug adaptors, or switched receptacles
- Do not immerse electrical equipment into water
- Assure that electrical cords do not become a tripping hazard

### HEALTH PARTNERS CONTACT INFORMATION

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