

CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) / Bi-LEVEL POSITIVE AIRWAY PRESSURE (BiPAP) INSTRUCTIONS

CPAP - CONTINUOUS POSITIVE AIRWAY PRESSURE / BiPAP - BiLEVEL POSITIVE AIRWAY PRESSURE

CPAP is used to improve airflow to your lungs and decrease upper airway narrowing during sleep. Your doctor has ordered your pressure setting and the pressure has been set by your Respiratory Therapist. Never adjust these pressure settings on your own.

SET-UP AND USE

1. Attach the power cord to the machine and plug in.
2. Connect one end of the tubing to the round opening on the front to the back of the machine.
3. Connect the other end of the tubing to the swivel piece and mask. Some masks attach directly to the tubing. Your therapist will inform you if you need the swivel (plastic piece with 3 slots, used as exhalation valve).
4. The mask will attach to the straps (headgear) supplied by Binson's. The headgear secures your mask.



CLEANING AND MAINTENANCE- Never use alcohol or an alcohol-based solution to clean the unit. Always unplug unit before cleaning.

DAILY MINIMUM	Wash mask in mild soap (i.e. Joy or Ivory, etc.) and water. Rinse well and allow to air dry.
WEEKLY MINIMUM	<ul style="list-style-type: none"> • Wash headgear by hand in mild soap and water. Rinse well and allow to air dry. • Wash tubing and swivel, if using, in mild soap and water. Rinse well and dry by connecting hose to the CPAP/BiPAP machine and turning it on. • Disinfect tubing in a 1 part vinegar to 3 part water solution. • Wash gray filter on machine under a steady stream of water (do not use soap). Squeeze out water and rinse again. Allow to air dry completely.
MONTHLY MINIMUM	<ul style="list-style-type: none"> • Check white filter under gray foam for gray or brown discoloration. • Change the filter if necessary. • New filters may be ordered from Binson's.

(SEE BACK OF SHEET FOR MORE INFORMATION)

CONTINUOUS POSITIVE AIRWAYPRESSURE (CPAP) / Bi-LEVEL POSITIVE AIRWAY PRESSURE (BiPAP) INSTRUCTIONS (continued)

RAMP USE

The ramp feature found on some machines, allows you to reduce the air pressure when the CPCP is first turned on so that the ordered CPAP pressure is reached slowly, allowing you to relax and fall asleep.

1. Turn machine on.
2. Depress the ramp button.

NOTE: Some machines have a ramp adjustment knob on the back. Your Respiratory Therapist will show you how to use the knob.)

CONCERNS	POSSIBLE CAUSES	SOLUTIONS
SORE OR DRY EYES	Mask not positioned properly. Headgear adjusted improperly.	Reapply the mask. Readjust the headgear.
REDNESS ON THE FACE	Irritation or allergic reaction to mask.	Use skin barriers such as 3M microfilm tape.
RUNNY NOSE	Nasal reaction to airflow.	Contact your doctor.
COLD NOSE	Room air temperature is too cold.	Position tubing under bed covers.
DRYNESS OR BURNING IN THROAT AND NOSE	Air is too dry.	Try a room humidifier. (Do not place within 5 feet of your CPAP unit)
NASAL, SINUS, or EAR PAIN	Sinus or middle ear infection.	Call your doctor.
FEELINGS OF DISCOMFORT FROM THE SENSATION OF TOO MUCH PRESSURE AT ONCE.	Ordered CPAP pressure met too fast.	Try the Ramp setting, if your machine has it, to arrive at ordered CPAP pressure gradually.