

Use & Care of your CPAP

1. Start with your CPAP in front of you and plugged into a power source.
2. Go to You Tube (www.youtube.com).
3. In the search bar, type Pulmonary Associates CPAP and mask video.
4. Click on the video that was created by Stacie Land.
5. Watch and follow along with your CPAP.

Care of Your CPAP & Equipment

Every Day

1. Wash CPAP mask with soap and water
2. Empty water from the water chamber and let air dry

Every Two Weeks

1. Wash the non-disposable filter with soap and water. Let dry completely before inserting it back into the machine.
2. Put in a new white disposable filter. Throw the old one in the trash.
3. Wash the water chamber with 2 tsp. of white vinegar and distilled water.
4. Wipe down the CPAP machine with a damp cloth.

Once a Month

1. Pick up a new cushion for your CPAP mask and new disposable filters. Call ahead to Pulmonary Associates, 304-822-8611, before coming in to pick up this equipment.

Every Six Months

1. Pick up a new CPAP mask, tubing, water chamber(1 per year), and filters. Always call ahead to the Pulmonary Associates office to be sure we have all of your equipment in stock.

****The frequency of which CPAP equipment may be obtained can change from the above schedule depending on insurance rules and guidelines.*