

Troubleshooting Guide for CPAP Patients

Smyrna Pulmonary & Sleep Associates, PLLC
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CPAP

Power... You can start the machine by pressing the button or putting on your mask and beginning to breathe. The machine will start as it senses your breathing.

Ramp... By pressing this button, the pressure decreases and allows you to become comfortable with lowered pressure. The pressure adjusts back to your prescribed pressure within 30 minutes.

Smart Card... Bring your data card to your follow up appointments. We will download your information and make sure you are receiving the optimal treatment. This does not apply if you are using a modem to transmit your data.

Heated Humidifier

- Use only distilled water in the humidifier.
- **Do not move the device with water in the tank. Do not travel with water in the tank.**
- Settings = 0-5. 0 is off for cool humidity and 1-5 activate the heating element for heated humidity. Your need may vary depending on the season.
- **Place unit lower than the level of the bed.**

Cleaning Recommendations

- CPAP change white (disposable) filter every 60 days, wash grey (non-disposable) filter at this time. Wipe machine down with a damp cloth. The grey filter is changed every 6 months.
- Mask, headgear, and tubing- Our recommendation for cleaning is a daily rinse with hot water and a weekly soak of about 20 minutes in hot soapy water. A mild detergent or soap will be fine. After the soak, rinse with water, towel dry the headgear and set on a towel to air dry.
- **NEVER PUT YOUR MASK IN THE DISHWASHER OR USE BLEACH TO CLEAN.**

What if my mask leaks?

If your mask is leaking, it could be due to several reasons. First, make sure the mask is centered on your face; you may want to check this in front of a mirror. Second, the mask may be too tight or too loose. Adjusting the headgear may be necessary to stop the leak. If the mask continues to leak, try a layer of KY Jelly or Moleskin where the mask touches your face; do not use Vaseline as the petroleum breaks down the mask. If all these steps fail, please call Smyrna Pulmonary & Sleep Associates to have a technician check your mask and headgear for proper fit.

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What is the life span of the mask and headgear?

The life span may vary from each individual. The average life span is from 6 months to 1 year. This depends on the amount of regular maintenance done on the equipment. The better they are taken care of, the longer they will last. Insurance typically pays for a new mask and headgear every 6 months.

Where do I get replacement supplies (mask, headgear, tubing and filters)?

Replacement supplies can be ordered through Smyrna Pulmonary & Sleep Associates. Our CPAP Plan of care Program can notify you by e-mail, phone, or automatic shipment depending on your preferences. Or you can call us anytime at (615)962-7591.

Should I use my CPAP if I have a cold or sinus congestion?

No. If you develop a cold, sinus congestion, or upper respiratory infection, discontinue CPAP usage. If your physician allows you, take a decongestant. These may help alleviate some of the symptoms and discomfort. If your symptoms continue or you begin to run a fever, contact your primary care physician. You may resume CPAP after you can breathe freely through your nose.

What should I do if my CPAP unit breaks or is damaged?

The first thing is to make sure you send in your warranty card to the manufacturer after you receive your new CPAP unit. If damage or malfunction occurs, contact Smyrna Pulmonary & Sleep Associates and we will assist you regarding any repairs.

Can I be strangled by the CPAP hose?

No. the hose has been designed to swivel to avoid just such an occurrence.

What should I do if the power goes out?

In the case of power failure, take your mask off and try to sleep without it. You will not suffocate as each mask has an exhaust port built into it. Using your CPAP during an electrical storm is not dangerous as it has a surge protector built into the device.