

Patient Instruction Guide – PAP Therapy



Set Up:

- Place the PAP unit near your bed, at or below your bed's height. Because the unit may occasionally spill or collect condensation, be sure to **properly protect all furniture with plastic covering or an absorbent cloth**. Assure that the bedding, draperies, or other items are not blocking the air inlet.
- Plug the power cord into a grounded outlet that cannot be turned off with a wall switch. You may use a heavy duty power strip, **but DO NOT use an extension cord**.
- Remove the water chamber and fill with distilled water; **DO NOT overfill**.
- Place one end of the tubing on the humidifier outlet and place the mask on the opposite end.
- Position mask and headgear, then adjust slightly.
- Turn the PAP device on.
- Adjust the mask and headgear to correct leaks. **Avoid overtightening**

Supplies:

Ask about Oxygen One's supply replacement programs.

Supplies should be replaced when needed to ensure proper therapy. Most insurance companies replace all supplies every 3 to 6 months. Please contact your insurance for details of your individual policy.

| Item | Replace Every |
|--|---------------|
| Cushions/Pillows, Nasal Pillows, Disposable Filters | 2 Weeks |
| Full Face Mask Interface, Nasal Pillow Interface, Tubing | 3 Months |
| Chinstrap, Headgear, Non-Disposable Filters, Water Chamber | 6 Months |

Your Prescription & Equipment

Dr. _____ has ordered your PAP Therapy as listed below:

CPAP _____ cwp

AutoPAP _____ / _____ cwp

BiPAP _____ cwp

Download in _____ Days

Install Date _____

MD Required Visit Dates Between _____ and _____

Mask Type/Size _____

PAP Unit _____

Humidifier _____

Cleaning:

Daily:

1. Wipe your nasal pillows or cushion with a warm wet wash cloth. Use a mild soap or PAP cleaning wipes if you see any buildup of facial oil. **DO NOT** use alcohol or baby wipes on the mask or nasal pillows.
2. Empty the water in the water chamber and let air dry.

Weekly:

1. Refer to your PAP user manual for filter maintenance. Wash long tubing, water chamber, headgear, and full mask with warm, soapy water. Use a pure soap and **avoid using anti-bacterial or skin softening soaps**. Allow supplies to air dry completely before reconnecting.

General Care:

1. Empty water from water chamber before transporting or traveling with the PAP unit.
2. Unplug the PAP unit from the power source before cleaning. **DO NOT** immerse PAP unit in water!
3. Wipe the outside of the PAP unit with a damp cloth and allow the unit to air dry completely before plugging in.

Troubleshooting:

| Problem | Reason/Action |
|--|---|
| Machine doesn't work | <ol style="list-style-type: none"> 1. Ensure that the unit is plugged into a non-switched outlet. 2. Ensure that the power cord is properly plugged into the back of the unit. 3. Check your fuse or circuit breaker. 4. Try other outlets in the home. 5. Refer to operators manual. |
| Air coming out of unit is too cold. | <ol style="list-style-type: none"> 1. Increase the room temperature. The unit does not heat the ambient room air. 2. Increase the settings on the heated humidifier 3. Refer to operators manual. |
| Airways are dry or you have a stuffy nose | <ol style="list-style-type: none"> 1. Increase the settings on the heated humidifier or add a room humidifier. 2. Use a water based nasal gel |
| You have developed sores or redness on the bridge of your nose, headaches with mask use, or skin breakdown | <ol style="list-style-type: none"> 1. Loosen the straps. The unit can compensate for small leaks. 2. Protect bridge of nose with mole skin or fabric band aid. 3. Call Oxygen One to replace supplies. We recommend you replace your mask at least every 6 months. Cushions and pillows should be replaced every 30-90 days. |
| Water is in the tubing | <ol style="list-style-type: none"> 1. Decrease humidifier settings. |