

## For users of CPAP, BiPAP, APAP devices

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You have been given a CPAP / BiPAP / APAP device intended for the treatment of your disease. The idea of the treatment is to create positive air pressure or "air splint" in the airways with the help of the mask. This will prevent the airways from collapsing. The operation of the device is based on a motor that blows a steady stream of room air via the tubing into the mask, and further into the airways.

The masks and headgear must be cleaned regularly. This prolongs their use and improves user comfort.

### Straps

Before washing, remove the straps from the mask and close the ends of the Velcro strips to prevent them from sticking to anything. Wash the straps at least once a week with a mild detergent, rinse well and allow to dry.

### Mask

Wipe the mask daily with a damp cloth. Wash the mask at least once a week with a mild diluted detergent (e.g. dish washing liquid or liquid hand soap - avoid disinfectants), rinse well. Allow the parts to dry.

### Air intake tube

Rinse the air intake tube at least once a month.

### Filters

Change the air intake filter on the device approximately every six months. Check the filter at least once a month; wipe the surface to remove dust as needed.

### The device

Wipe the surface of the device at times to remove dust; no other maintenance is needed at home. See the mask and strap package and device operating instructions for more detailed instructions.

### Travel

When travelling abroad, you need a so-called Customs Slip, which is available from the Lung Disease Unit. Before you travel, please bear in mind that in some countries, power plugs may

differ from those in Finland, in which case you will need an adapter. Adapters are available at department stores. Some hotels may also lend adapters to guests.

The CPAP device can also be used with a battery as a power source (e.g. while on board a boat, in a car or at the cottage). You will need a so-called external cable connector to connect the device to the external power source. You can order the external cable connector from the CPAP importer. Ask the rehabilitation counsellor for more information.

### **Device replacement/change**

The nurse will assess the need to replace the equipment at your control visits. The mask can be used for a minimum of one year. In matters related to replacement of masks, other parts or CPAP device, we kindly ask you to observe the hours mentioned in Contact Information. Bring along your device with all the accessories when you attend your control appointment.

### **Contact Information**

Outpatient Clinic for Pulmonary Diseases A5: To make/change/cancel an appointment: Monday to Friday, 8.15 am–2.30 pm, telephone 02 627 7081

**Sleep nurses:** Treatment-related matters, phone hours (callback system) Monday to Friday 7.45 am – 1.00 pm. Telephone 02 627 8845

### **Device dispensary at A5, open without appointment:**

Tuesday 12.30 pm–3 pm and Friday 10.15 am–11.30 am.

Mask fitting by appointment only. When you come to the device dispensary please report to the secretary first.

**Rehabilitation counsellor:** Matters related to devices and accessories, Monday to Friday 8 am–3.00 pm, telephone 02 627 7047

### **Contact information**

Outpatient Clinic for Lung Diseases  
Monday through Friday 8.15 am-13.00 pm  
Tel 02 627 7081