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Cleaning & Replacement Schedule Respironics DreamStation

WEEKLY CLEANING:

All plastic and silicone pieces: water chamber, hose, mask pieces (nasal pillows, silicone seal, tubing)

1. Fill a clean sink with warm tap water and add either mild liquid dish soap (i.e. plain Ivory liquid soap) **or** baby shampoo.
2. Do not use solutions containing vinegar, bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils to clean. These solutions may cause damage and reduce the life of the product.
3. Let soak for approximately 20-30 minutes.
4. Rinse well with warm tap water.
5. Let all equipment air dry out of direct sunlight or dry with a cloth. Hang hose to dry (may not dry completely). The plug end on a heated tube must be dried completely before plugging back onto machine.

NOTE:

- (a) **Dark blue Pollen Filter** – wash every week, with warm tap water only. Let air dry before placing back in the machine.
- (b) **Water Chamber** – **Use DISTILLED OR DEMINERALIZED WATER only to refill your water chamber.** Remove and empty when traveling or moving the unit to another location. The empty reservoir can be placed in a plastic bag and stored separately in your CPAP carry bag.
Note: your warranty may be compromised if you use tap water or any other type of water.
- (c) You may place the water chamber in the dishwasher (**top rack only**) for weekly cleaning.
- (d) **Headgear** – hand wash with liquid dish soap and water every 2-3 weeks or sooner as needed. Hang to dry.
- (e) **Nasal pillows** – rinse with tap water every couple of days, and then soak them once a week as described above.
- (f) The rubber seal in the humidifier unit can be removed and washed as needed, along the other plastics in your weekly cleaning routine.

For Travel ONLY: *While travelling, use distilled or demineralized water if possible. If this is not possible and you HAVE to use tap water, the water chamber MUST be cleaned thoroughly DAILY so warranty is not voided.*

REPLACEMENT:

Dark blue Pollen Filter: Change these filters every 6 months (minimum).

Light blue Ultra fine filter: This is an optional filter but highly recommended by manufacturer. If you use one, change it monthly.

Mask and Hose: Replace every 12-18 months. Some insurance companies cover annual mask replacements – check with your insurance provider.

CPAP Machine: Most insurance companies cover a new machine every 5 years.

CPAP TIPS

MACHINE

- Place your machine either level or below you, for example a bedside table or stool.
- To start the machine, either put your mask on and breathe in and out, or press the start button.
- If you wake through the night with difficulty breathing due to the airflow feeling too forceful, hit the ramp button (the button with the triangle on it) to reduce the pressure
- Ensure you wear your machine for at least 4 hours a night. This is important for recovering from sleep deprivation. Many insurance companies require 4 hours or more of use per night in order to approve coverage of the machine.

HUMIDIFIER

- Use only distilled water in your humidifier chamber. Failure to do so could result in damage to your machine, and may void your warranty.
- Discard any water that remains in the chamber when you wake up in the morning. The amount of water used will vary daily depending on the relative humidity in the air.
- Never move or transport your machine with water in the chamber. Failure to do so could result in electrical damage to your machine.
- **For heated tube humidification:** If you notice water collecting in your tubing, increase the temperature of the tube using the dial (settings 1-5). If the air feels too warm, decrease the tube temperature.
- **For non-heated tube humidification:** If you wake with a dry mouth/throat, increase the humidity level using the dial (settings 1-5). If you notice water collecting in your mask or tubing, decrease the humidity level.

MASK

- Ensure the mask is tight enough to prevent leakage, but not so tight as to cause discomfort. Bring your mask to your follow up appointments to review fitting if you are having difficulty
- If you develop irritation in your nostrils from the nasal pillow mask, use water based gel such as Secaris or Nasogel (available for purchase here, or at any pharmacy) in your nostrils prior to placing the mask on. Avoid using products that are oil based, such as Vaseline, as this will cause the mask to break down.

TRAVELLING WITH CPAP

- Your device should be carried on board with you as a carry on item to prevent loss or damage of the machine. Because it is a medical device, it does not count toward your number of allowable carry-on items.
- Try to use distilled or demineralized water if possible. If it is not available, bottled water or tap water can be used for a few nights. Ensure the water chamber is cleaned thoroughly daily so warranty is not voided.
- When going through security, you may be required to remove device from its case for scanning. Place the device in a large, clear plastic bag before putting it in the bin. You can request that the TSA agent wear new gloves, clean the table and use a new explosive trace device sampler before handling your equipment.

NOTE: Be patient. It takes time to adapt to using CPAP therapy. It is normal to continue to feel tired in the first few weeks of using CPAP, and in some cases it can take up to 6 months to feel the benefits of therapy.