



35 Baker Dr., Suite 103  
Dartmouth, NS B2W 0H3  
Tel: (902) 435-0298  
Fax: (902) 435-7259

www.thesnoreshop.ca

## Cleaning & Replacement Schedule ResMed S9

### Weekly Cleaning:

**All Plastic and silicone pieces:** water chamber, hose, mask pieces (i.e. 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 minutes.
4. Rinse well with warm tap water.
5. Let air dry out of direct sunlight or dry with a cloth. Hang hose to dry (may not completely dry), but dry the plug end completely.
6. If deposits develop in humidifier chamber despite continued use of distilled water, soak chamber in a solution of 1 part vinegar, 10 parts water.

### NOTE:

- (a) **Nasal pillows** – rinse with tap water every couple of days, and then soak them once a week as described above.
- (b) **Headgear** – hand wash with liquid dish soap and water every 2-3 weeks or sooner as needed. Hang to dry.
- (c) **Water Chamber** – empty the chamber when traveling or moving the unit to another location. The reservoir can be placed in a plastic bag and stored separately in your CPAP carry bag.  
**Use DISTILLED OR DEMINERALIZED WATER only to refill your water chamber. Note: your warranty may be compromised if you use tap water or any other type of water.**

**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:

**White Filter:** Change these filters every 6 months.

**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.



35 Baker Dr., Suite 103  
Dartmouth, NS B2W 0H3  
Tel: (902) 435-0298  
Fax: (902) 435-7259

[www.thesnoreshop.ca](http://www.thesnoreshop.ca)

---

## 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, turn the machine off, then back on. This will restart the machine at a lower level and make breathing more comfortable.
- 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.
- If you wake with a dry mouth/throat, increase your humidity level.
- If you wake with water collecting in your 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. 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.**