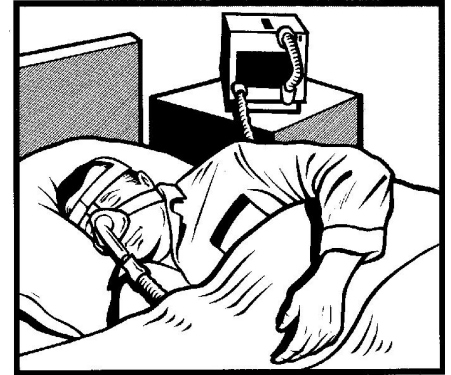


CPAP/Bi-Level

Sleep apnea is a disorder that causes people to frequently stop breathing for short periods while sleeping. As a result, they fail to get a restful night's sleep and the oxygen their body needs.

If left untreated, sleep apnea has serious health consequences such as increasing the risk of high blood pressure, heart problems and stroke.

CPAP (Continuous Positive Airway Pressure)/Bi-Level is utilized for the treatment of obstructive sleep apnea. The equipment delivers a flow of air at a prescribed amount of pressure. This pressure prevents the structures in your throat from blocking air movement in and out of your lungs while you sleep.



General Instructions

This system has been prescribed by your doctor. It is important that you use the system EXACTLY as your doctor prescribed. These settings have been made to your CPAP or Bi-Level device according to what your doctor prescribed, and cannot be changed without consulting your doctor.

Cleaning

Each Morning

- Disassemble and wash with liquid dish washing detergent and warm tap water in clean basin or container. Rinse well with clear warm running tap water. Proper rinsing reduces the potential for skin irritation resulting from soap residue. Air dry. Reassemble when dry.
- Wash humidifier with mild dish detergent and water DAILY. Use only DISTILLED water in humidifier (Tap water may damage the unit.) DO NOT place in dishwasher.
Tubing- Clean tubing in liquid dish soap and water solution, rinse thoroughly; air dry.

Each Week

- Flow Generator Cabinet- Once a week, unplug the unit and wipe the outside of the cabinet with a cloth. NEVER immerse the unit in water or allow water to enter any vents or ports.
- Filters- Clean and/or replace filters as instructed by our representative. (Refer to Operating Instructions.) Disposable filters are normally replaced every 4-6 weeks, and the non-disposable cleaned once per week.

Once a Month or As Needed

- Hand wash headgear with laundry detergent, rinse well; line dry. DO NOT put into washing machine.

Safety

- If supplemental oxygen is being used in conjunction with your system, this equipment must be kept away from heat or open flame. Smoking in the area of this device is absolutely prohibited.
- When using supplemental oxygen, make sure that the CPAP System is running before the oxygen source is turned ON. Turn the oxygen flow OFF first before turning the System OFF.
- DO NOT block the vents and filter openings of your unit. Air must flow freely around the unit for the system to work properly. Make sure that bedding, draperies, curtains etc. do not restrict air flow.
- Do not use the system around water, other than that contained in the humidifier. Electric shock may occur.
- Tobacco smoke will cause tar build-up that may result in the units malfunctioning. Do not permit smoking in the room with the unit.

Safety (continued)

- All settings must be determined by your doctor through appropriate diagnostic studies and monitoring. These settings are to be adjusted only by authorized personnel in compliance with your doctor's prescription.
- If your system is dropped or otherwise damaged, or if any liquid is spilled into the system, do not use. Contact our office immediately. Never try to repair your unit yourself. If needs to be repaired by qualified medical repair professionals. If you are renting this equipment please contact us and your unit will be replaced immediately.
- Continuous flow is required for safe operation. Do not block or try to seal the exhalation opening.
- If using a mask that covers your mouth and nose, do not eat or drink for two to three hours prior to bedtime.
- Read and understand your Operating Instructions prior to using your system. If you have questions contact our office.
- It is recommended that you not plug your system into an outlet that is controlled by a wall switch.
- Your system is not intended for life support.

Maintenance

There are no user-serviceable components in your system. DO NOT attempt to open the enclosure or service this device.

Filter Care/Supplies

- Routine filter care is an important aspect of your CPAP/Bi-Level therapy success. Proper filter care ensures that you are breathing air without dust, dirt, or pollens. Poor or non-existent filter care can result in your equipment overheating and burning out the motor. Dirty filters also mean that you are breathing unsanitary air, which can lead to sinus problems, allergies, and possibly other more serious respiratory problems. Proper filter care will ensure the coverage of your warranty.
- Regular replacement of your disposable CPAP supplies is critical to the success of your sleep therapy. Please follow the recommended supply replacement schedule.

Helpful Hints to Successful CPAP/Bi-Level Therapy

- Washing your face with soap and water to remove excess facial oils before putting on the nasal mask helps prolong the life of the mask, headgear and straps.
- Once the straps are properly adjusted, the mask and headgear can be removed and reapplied by unfastening or loosening one strap only.
- A tighter fit is NOT necessarily better. It can be as loose as desired as long as you are able to maintain a seal.
- Use your equipment whenever (bedtime & during naps) and wherever you sleep (vacations & camping trips).
- DON'T GIVE UP!! BE PATIENT!!! Some patients notice a dramatic difference immediately and for some it can take up to one month to become comfortable and feel the benefits of the therapy.
- Get your spouse involved, have him or her be your cheerleader! They should be supportive, as they will sleep better since your snoring will stop.
- Please contact us with any questions and/or problems regarding your therapy, use of equipment, and to order supplies. All ongoing patient care clinical visits are scheduled in a flexible timely manner. We are here to help and support you.

Troubleshooting

- Refer to your Operating Instructions for such common problems as air leaks around the mask; sore or dry eyes; skin irritation; dryness or burning sensation in the throat, nose, or nasal sinuses, or ear pain; feeling that the pressure is too high or too low; air from the device seems warm; etc. The operating instructions will give possible causes and instructions to solve the problem. Contact our office if you are unable to correct the problem.
- Remember your doctor has prescribed your course of treatment, which involves this system. You have been instructed on the use of this system. Should any problem occur, contact our office or your doctor immediately.
- We provide 24-hour service to assist you with any problems you may encounter. However, CPAP/Bi-Level therapy is not a life sustaining form of treatment. Most services will be provided during normal business hours.