



## **WHAT IS CPAP**

CPAP is short for continuous Positive Airway Pressure and is a type of therapy where air is delivered via a face or nasal mask to the patients' airways in order to avoid tissue in the airway from collapsing during sleep.

This will help you sleep better and also help maintain oxygen levels.

CPAP therapy can help with conditions such as Obstructive sleep Apnoea, snoring and other conditions where people have difficulty breathing such as asthma, COPD and pulmonary fibrosis

## **WHAT IS OSA**

obstructive Sleep Apnoea occurs when your breathing stops and starts whilst you are sleeping. The most common form of sleep apnoea is Obstructive sleep apnoea (OSA).

Symptoms of OSA mainly occur while you are asleep and can include things like snoring, making gasping noises, snorting and breath holding including choking and waking up a lot.

## **MASK SEAL PROBLEMS**

A small leak from the mask is common and will not affect the performance however, a large leak or a leak into the eyes can be problematic. You can try tightening the headgear straps slightly although this can sometimes cause other problems.

Headgear straps should be tight enough to allow enough space to pass at least 2 fingers underneath the mask on either cheek. Dentures can be a problem as a mask which fits well with dentures in place may not fit once they are removed

Beards and moustaches can affect the seal of your mask and can be improved by trimming

## **SORENESS ON NASAL BRIDGE**

This is an indication the mask is too tight at the top or a poor fit. An adjustable forehead spacer (on the full-face mask) can help to distribute the pressure more evenly and reduce pressure on the nasal bridge. If you develop a red, tender area or a wound to the bridge of your nose, please contact your service provider

## **THROAT DRYNESS**

A dry mouth is common when using NIV, particularly with a mask that covers the mouth. Usually, sips of water when waking during the night helps, a humidification unit could be added to your machine.

## **NASAL PROBLEMS**

It is common to suffer from nasal stuffiness, sneezing and a running nose when you first start treatment. This should settle on its own. Sore eyes or dry eyes – this is normally due to poor position of the mask or incorrect mask size. Readjusting the mask and headgear may resolve this problem. If there is no improvement, contact PFU to arrange a review of your mask.

RespiCare are a national leader in respiratory support in Ireland. RespiCare partners with many of the Irelands leading respiratory clinicians to help deliver the best support and service for Patients being treated the best medical institutions in the country

## **CARE FOR YOUR DEVICE**

It is advisable to look after your device by performing some simple maintenance weekly or monthly depending on your equipment. If you are in any doubt always feel free to call our customer service team on our freephone number

## **MASKS**

It is advisable to give your mask a wipe daily with a moist cloth

## **DEVICES**

Change your filter on your device every month or as frequent as you have been advised. Clean your circuit every week or if it became soiled. Change the water in your humidifier every day with clean water

## **FAQ**

### **WHAT DO I DO IF MY DEVICE IS ALARMING?**

The most common alarms are caused by leaks however we recommend you note the alarm name on your device prior to calling customer service

### **IF I GO INTO HOSPITAL SHOULD I TAKE MY DEVICE WITH ME?**

If you go into hospital you should take your device with you unless otherwise instructed

### **IF I DROP MY DEVICE SHOULD I CONTINUE TO USE IT?**

If you drop and damage your device, it is advisable to call our customer service team

### **HOW MANY HOURS EACH NIGHT/DAY SHOULD I USE MY DEVICE**

Your Clinical team will tell you how long you will need to use your device at night or during the day

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