Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Advice for Continuous Positive Airway Pressure Users-CPAP

Version number: **8**
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Advice for Continuous Positive Airway Pressure Users (CPAP)

Patient Information

Sleep Service

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- Leaflet title: Advice for Continuous Positive Airway Pressure Users - CPAP
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You have been diagnosed with:

Obstructive Sleep Apnoea	Obstructive Sleep Apnoea Syndrome

Driving

If you have been diagnosed with Obstructive Sleep Apnoea Syndrome (OSAS), which is where you have both OSA **and** excessive daytime tiredness, and if you hold a driving licence, then you **must, by law**, inform the DVLA that you have OSAS and that you are being treated with CPAP. Your motoring insurer should also be notified with the same information. You should refrain from driving until your symptoms are controlled. Forms to notify the DVLA are available via the website below, and you need to fill out the appropriate form based on the type of licence that you hold.

Cars / Motorcycles **SL1 form**

Coach, Lorry, or Bus drivers **SL1V form**

The completed form(s) need to be returned to the DVLA:

DVLA Contact Details:

Drivers Medical Enquiries

DVLA

Swansea

SA99 1TU

Fax: 0300 790 6806

www.gov.uk/obstructive-sleep-apnoea-and-driving

Equipment Loan

You are being loaned a CPAP machine and accessories for long term use.

Machine type: .....……

Mask size and type: .....…

Conditions of loan:

1. You are responsible for the safe keeping of the CPAP machine and all accessories loaned to you.

2. Breakage of equipment resulting from unnecessary force or misuse will make you liable for the cost of replacement.

3. You must keep any review appointments and bring your CPAP machine and accessories to all appointments.

4. If you are no longer using your machine, you must return it to us and you will be discharged from clinic.

5. You must contact the Sleep Service on **01942 773096** if you have any side effects or problems.

Quick instructions for use

Plug the mains lead into the back of the CPAP machine.



Use the start button marked on the **top** of the CPAP machine to start or stop the airflow.

If the ‘smartstart’ setting is activated, simply put the mask on, breathe normally and then the device will start automatically, without needing to press the start button.

Getting the best out of CPAP use:

- **Use CPAP every night.**
- This should help keep symptoms to a minimum. You may notice your symptoms returning if you do not use CPAP most nights.
- **Use CPAP for minimum of 4 hours a night**.
- Research has shown that using CPAP for at least four hours/night greatly improves symptoms. Use of less than four hours only provides a limited benefit. Ideally you should aim for six to eight hours/night.
- **Clean the ventilator, tubing and mask as shown.**
- This helps to prolong the life of the equipment and keeps infection risk to a minimum.
- **Lose Weight**.
- **Quit Smoking**.

Possible problems with CPAP use:

1. **Mask Fitting:**

- Masks do not need to be tightly fastened, and small leaks around the lower part of the face are acceptable.

- If the mask is uncomfortable, if it leaks into the eyes despite altering mask position or leaves red marks on the bridge of the nose that last longer than 20 minutes after removing the mask, then please contact the Sleep Services for advice.

- If your mask breaks or needs replacing, then please also contact us for help and advice.

- Masks should last between six and 12 months each.

2) Runny nose, sneezing fits, dry nose, mouth, or throat:

- All of these are common and should settle in a few days. If symptoms persist, please contact the Sleep Service for advice.

Humidification

Some patients may require the use of humidification with their CPAP device. In this case you will be provided with a water tub which fits into the side of the CPAP machine, and this will provide moisture during treatment.

It is recommended to use cooled, boiled water, rather than fill the water tub straight from the tap. The water in the humidifier tub should be changed daily and the tub should be cleaned weekly with warm water and a mild detergent.

NEVER transport your CPAP machine with your humidifier attached, as this can cause water damage to the motor and may break the device.

Remote Monitoring

The CPAP machines that are provided can be monitored remotely. This means that staff in the Sleep Service can view clinical data from your CPAP machine to help assess your progress with treatment, and can make changes to therapy settings remotely, without the need to attend clinic. Patients using remote monitoring may also be offered telephone appointments, where appropriate, if this is preferred to attending clinic in person.

Remote monitoring is entirely optional, and we ask for your consent to implement this. Patients are free to opt in or out of remote monitoring at any time.

There may also be an option for you to monitor your own treatment via an app on your phone. Your clinician can provide you with more information about this.

Cleaning instructions

It is very important to keep your mask and tubing clean to prevent infection and damage to the equipment. Please clean the equipment as follows:

Daily

Put small drop of washing up liquid on a damp cloth and wipe the mask, then use a damp cloth to remove any washing up liquid from the mask. **Do not** use bleach, alcohol based products or baby wipes, as these will damage the masks. For patients with contact dermatitis, pure soap can be used as an alternative cleaning agent.

Weekly

Remove tubing from machine and place with mask and headgear into a bowl of warm water with washing up liquid in it for about 10 mins. Rinse thoroughly with clean water and then leave all the equipment to drip dry. **Do not** place any equipment directly onto a radiator/heater to dry.

Also wipe the CPAP machine down with a damp cloth to keep it dust/dirt free.

Filters

The filter at the side of the CPAP machine needs to be replaced with a new one every six months. Spare filters will be provided by the Sleep Service.

Hospitals and general anaesthetics

If you must visit hospital for an overnight stay for any reason, you will need to bring your CPAP equipment with you. This is very important, as we do not have spare machines to loan to the wards. You **must** inform doctors and anaesthetists that you have Obstructive Sleep Apnoea (OSA) and that you are on CPAP treatment. This is particularly important if you are to have a general anaesthetic, as you may need your CPAP after your operation.

Holidays / flying

If you are going away on holiday, then you need to take your CPAP machine with you. If you are flying, your CPAP needs to be carried as hand luggage, to stop it getting lost or damaged. If required, we can provide information to explain this to the airline. If you cannot use your CPAP machine on the plane, you should avoid sleeping, if possible, as there are increased risks to your health due to the altitude.

DO NOT drink alcohol before or during the flight, as this will affect your ability to stay awake.

Contact numbers

Should you have any problems or need advice, then please contact the Sleep Medicine Department. If ringing to request replacement equipment, please ensure you know the make/model/size of your mask etc. prior to contacting the service.

Telephone: 01942 773096 Monday to Friday 8am until 4pm.

Email: sleepmedicine@wwl.nhs.uk

Helpful Websites:

- **Sleep Apnoea Trust:** https://sleep-apnoea-trust.org

- **Resmed patient support resources**:

https://www.resmed.co.uk/patient/get-support/resource/remote-cpap-set-up/



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