



VITAL CARE

Home Medical Equipment Services®

Patient Education Manual

Operating/Safety Instructions

Operating/Safety Instructions for CPap & BiPap

Pap @ _____ cmH2O Ramp @ _____ cmH2O w/ _____ min. delay

- ✓ Place your Cpap/Bipap machine on a flat level surface beside your bed. Be sure you use a surface that is lower than your mattress (such a step stool) to avoid water retaining in mask.
- ✓ Fill your humidifier chamber with distilled water. **If you have a known roach infestation, be aware that they are attracted to water. Please take care in spraying around your unit on a regular basis to prevent infestation of the unit. Manufacturers' warranty does not cover infestation of any kind.**
- ✓ Attach tubing to Cpap/Bipap machine or humidifier and to your mask.
- ✓ Plug your power cord into an appropriate electrical outlet. (UN-GROUNDED outlets may require GROUNDING ADAPTER). We recommend that you use a surge protector.
- ✓ Apply mask/pillows and headgear, and make any necessary adjustments.
- ✓ Turn on your machine. Breathe in and out through nose. Try not to exhale through mouth.
Press your ramp button to relieve pressure.
- ✓ If leaks develop, try the following:
 - First, gently pull mask/ pillows away from face, and reapply.
 - If necessary, re-adjust headgear. Try to avoid over tightening the headgear. This could distort the cushion and cause a leak.
 - If it is necessary to get up during the night, turn your machine off and disconnect the tubing from your machine. By leaving the mask/pillows on, you are able to avoid having to make any adjustments. When you return to bed, simply re-connect the tubing and turn your machine on.
- ✓ Upon rising in the morning, turn your machine off and remove your mask/pillows and headgear.
- ✓ Be sure you clean your filter, mask/pillows, tubing, and water chamber as directed to avoid any bacterial build-up. Your filters, mask/pillows, headgear, and tubing will need to be discarded and replaced periodically. Be sure to check with us before discarding any of your supplies.

Please contact our office if you have any questions or need to obtain supplies.

Vital Care of Meridian
1501 23rd Avenue | Meridian, MS 39301
(601)482-4003 local or 1-800-652-6157 toll free

Resupply Schedule

The following is based on Medicare guidelines, and all insurance may not follow the same frequency guidelines. Please call if you have questions regarding how frequently your insurance will process claims for supplies.

Mask	1 every 3 months
Seal/Cushion/Pillows	1 every 30 days
or	2 every 30 days (depends on type of cushion and type of insurance)
Tubing	1 every 3 months
Water Chamber	1 every 6 months
Reusable Filter	1 every 6 months
Disposable Filter	6 every 3 months
or	2 every 30 days
or	1 every 30 days (depends on type of cushion and type of insurance)
Chin Strap	1 every 6 months

***Blue Cross of Alabama does not allow new supplies during the initial 10 months of CPAP use.

***Mississippi Medicaid does not allow new supplies during the initial 10 months of CPAP use.