



VITAL CARE

Home Medical Equipment Services®

CPAP Equipment Cleaning & Disinfecting Schedule and Instructions

Attention: Cleaning and disinfecting your respiratory equipment is essential to the life of the equipment and to your health.

Whenever moisture is present, from water sources, from body humidity, or any bodily fluid, bacteria can grow. If your equipment is not properly cleaned and dried, bacteria builds up and can lead to infections in your body, especially in your airway passages. Also, the oils in your skin and the minerals in tap water can cause premature breakdown in the materials used to manufacture your CPAP equipment, especially your mask. Therefore, we recommend the cleaning and disinfection schedule be followed diligently. Daily cleaning removes dirt and oils that may harbor germs. Disinfection actually kills germs that may lead to infection. Remember, always wash your hands prior to handling your CPAP equipment.

- Clean your face every night before you go to bed. Do not apply moisturizers to the area where the mask will contact your skin.
- Wash your mask weekly with warm, soapy water. Use something mild like Ivory liquid soap. Do not use anything with antibacterial in it because over time it will dry out the cushion. Keeping the mask clean will reduce mask leaks.
- Wash your headgear as needed. Hand wash with mild soap or shampoo, and let it air dry. **DO NOT PUT IN THE DRYER.**
- Gently wash tubing in a solution of warm water and mild soap weekly. Rinse thoroughly to remove all soap residue from the tube and allow to air dry.
- Wash the humidifier chamber with warm soapy water weekly. You can also soak the chamber in a small amount of white vinegar and water for about 10 minutes. Rinse well after soaking. The water chamber is something that you need to keep clean because bacteria can grow in it and cause an infection.
- Wash the **royal blue filter** (non-disposable) once per week. This filter needs to be changed every 6 months. The **light blue filter** (disposable) should be replaced once per month. Every 30 days the device will display a message reminding you to check your filter.
- **Caution:** Dirty filters may cause high operating temperatures that may affect the device performance.
- **Always use DISTILLED water in your water chamber.**
- If you experience really bad dry mouth try using Xylimelts OraCoat. For a stuffy nose try using Flonase or Nascort.

CPAP Equipment Cleaning and Disinfecting Schedule			
Equipment	Cleaning Frequency	Instructions	Disinfecting Frequency
Reusable Filters	Weekly	Mild soapy water, Rinse, Air Dry	Not Required
Disposable Filters	Change as needed	Do Not Wash	Not Required
	Monthly at a minimum		
Hose (without humidifier)	Monthly	Mild soapy water, Rinse, Air Dry	Not Required
Hose (with humidifier)	Weekly	Mild soapy water, Rinse, Air Dry	Once a week
Mask / Nasal Pillows	Daily	Mild soapy water, Rinse, Air Dry	Once a week
Headgear	As Needed	Hand wash, Mild soapy water, Rinse, Dry	Not Required
Humidifier	Weekly	Empty water daily if using tap water	Once a week
		Mild soapy water, Rinse well, Air Dry	
CPAP Unit	As Needed	Dust with damp cloth,	Not Required
		No detergents or sprays	