

CALIFORNIA CORRECTIONAL HEALTH CARE SERVICES

September 2016

PATIENT EDUCATION

HOW TO CLEAN CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) EQUIPMENT

STEP-BY-STEP INSTRUCTIONS

1. Unplug your CPAP machine from its power source, as there may be a danger of electrical shock if you do not.
2. Disconnect your mask from the CPAP tubing. If your mask has a headgear, remove or detach it. If there are other pieces that are easily reattached, these also can be separated.
3. Remove the CPAP tubing from any connectors, the humidifier, or from the CPAP machine itself, if it connects directly.
4. If you have one, remove the water chamber from the humidifier unit of the CPAP machine, and separate it into its pieces (if this is easily done).
5. Take a soft cloth and wet it with water. Gently wipe down the external surface of the CPAP machine. (Again, make certain it is unplugged while cleaning.)
6. Fill a small sink, tub, or basin with water.
7. Submerge the mask, headgear, tubing, and any connectors in the water. Allow it to soak for a short period of time (about 30 minutes). Alternatively, wipe out the mask with a soft cloth and water, and swish water through the tubing. Allow everything to air dry away from direct sunlight. These items should be cleaned every day.
8. The humidifier should be cleaned with drinkable water. It should also be allowed to air dry. The humidifier should be cleaned daily.
9. Finally, after everything has been allowed to air dry, reassemble the various parts. Apply the headgear to your mask, hook the mask back onto the tubing and any connectors, and connect the tubing back to the humidifier or directly to the CPAP machine. Turn the machine on briefly and listen for any air leaks that weren't there previously.

TIPS TO KEEP CPAP CLEAN

1. It is important to keep your equipment clean.
2. If you have been sick recently, clean your equipment more often.
3. Remember to always follow the advice of your health care providers.
4. Never use any perfumes or cleaning solutions other than gentle soap on your equipment.