

CPAP Cleaning and Maintenance

DAILY

- **CPAP/BIPAP machine:** Wipe with a damp cloth
- **Masks/Nasal pillows:** Wash in soapy water. Use baby soap or shampoo. Rinse and air dry or hang to dry.
- **Humidifier Chamber:** Take apart and let air dry. Fill with fresh distilled water.

WEEKLY

- **Humidifier Chamber:** Wash in sink using 1 part white vinegar and 3 parts water. Soak for 30 minutes, rinse and air dry.
- **Filters:** Wash black sponge filter, rinse and towel dry weekly. The white filter should be thrown away *monthly* and replaced. Do not reuse or wash.
- **tubing:** Wash in basin with soap and water *or* in shower. Rinse, and hang to dry.

Recommended Replacement

- Mask: Every 3 months.
- Headgear: Every 6 months.
- Tubing: Every 3 months.
- Chin Strap: Every 6 months.
- Chamber: Every 6 months
- Black filters: Every 6 months.
- White filters: 2 every month.
- Nasal pillows: 2 every month.

We will call you periodically for follow-up. Please call before you come in to pick up your supplies so we can have them available. Please know your mask type and size when calling.