



CPAP Care & Cleaning

Kaiser Permanente Santa Rosa
Outpatient Sleep Clinic

707-393-4008

Care and Cleaning of your CPAP/BIPAP Equipment

Your CPAP equipment *will last long with regular maintenance*. Please refer to the manufacturer's instructions for complete maintenance instructions for your equipment.*

CPAP Machine:

- Keep machine free from dust and debris.
- Use a damp cloth to wipe off the machine as needed.
- Do not use bleach or other harsh cleaners.

Filters:

Pollen filter (gray).

- Wash weekly in a mild dish detergent. Let dry completely before inserting back into machine.
- Replace every six months.

Ultrafine filter (white). Optional.

- Insert with plastic side towards machine, behind pollen filter.
- Dispose when visibly dirty and replace.

Tubing:

- Wash weekly in mild dish detergent and hang to dry.
- Replace every three to six months.

Mask:

- Wash weekly in mild dish detergent.
- Wipe or rinse the part of mask that is in contact with your face daily, if needed.
- Replace every three to six months.

Humidifier:

- Use distilled water only and empty daily - do not top off.
- Wash chamber weekly with mild dish detergent.
- Replace chamber every six months.
- Do not travel with water in your humidifier.

**To reorder CPAP supplies, call the Apria Healthcare Customer Service Refill Line at
800-731-3408**

- For information on Kaiser Durable Medical Equipment (DME) coverage, call **Kaiser Permanente Member Services at 800-390-3507**.
- New mask and equipment requests require physician orders. **Please call (707) 393-4008 to request changes and new equipment.**
- For machine repairs or warranty information, please contact **Apria Healthcare at (707) 543-0979**.