

Cleaning

Take regular care of your CPAP equipment to get the most from your sleep apnea therapy. Make sure to use mild soap only, no antibacterial soap or alcohol-based wipes.

Daily

In the morning wipe your mask with a soapy face cloth then rinse with a wet face cloth. Or, use unscented baby wipes. Empty water from your water chamber and allow the chamber to dry.

Weekly

Wash your mask, straps, tubing and water chamber in warm soapy water. Rinse thoroughly and make sure the parts are completely dry before you use them again. The hose may have some water droplets that will dry with machine use.

Do you have one of these masks?

- **ZEST, 405, 406, 407, 432**
Wipe grey foam cushions with a damp cloth only.
DO NOT SOAK IN WATER
- **ZEST Q, HC405**
Change diffusers every two months (remove vent cover and diffuser).
DO NOT WASH
- **ESON2 DIFFUSER, P30, BREVIDA**
Rinse gently and pat dry weekly.
- **AIRTOUCH F20**
Wipe foam cushion with a damp cloth only.
Replace cushion monthly.
DO NOT SOAK IN WATER



HARNESS THE POWER OF WHAT YOU CAN'T SEE TO PRODUCE RESULTS YOU CAN.

Medigas Manitoba Limited supplies medical air, equipment and supplies to hospitals, clinics and patients at home. An industry leader in respiratory care, we provide solutions for the healthcare sector in respiratory medicine, rehabilitation medicine and emergency medical supplies, delivering peace of mind to patients with sleep apnea and other breathing disorders through medical-gas products, CPAP equipment, highly trained staff and therapeutic services.

Medigas Manitoba Respiratory Wellness Centres

Winnipeg Clinics

150 McPhillips St.
Winnipeg, MB R3E 2J9
Hours: M-F 8 am to 5 pm

699 Broadway
Winnipeg, MB R3G 0X2
Hours: M-F 8:30 am to 5 pm

Brandon Clinic

1617 1st St.
Brandon, MB R7A 7X7
Hours: M-F 8:30 am to 5 pm

All clinics are closed on
holidays and long weekends.

Toll-Free: 1.855.766.7388
Email: Medigas.CPAP@innovairgroup.com

Book a mask-fitting appointment online.

Visit www.booking.medeohealth.com/medigas-manitoba-limited

innovairgroup.com



CPAP Quick Tips

Caring For Your CPAP Equipment



innovairgroup.com
1.855.766.7388

MML-001

Filters

Check your CPAP machine type then find your model below and follow the instructions for filter care, including how often you need to clean and/or replace your filter.



Always empty the water chamber before moving your CPAP machine.

RESPIRONICS MACHINES

A30, M-SERIES, SLEEPEASY, SYSTEM ONE

Grey Foam Filter

Rinse under running water

Ensure filter is dry before putting it back into the machine

White Filter

Change filter once a month

Make sure the printing on filter faces out

DREAMSTATION

Dark Blue Reusable Filters

Rinse weekly and change every six months

Light Blue Ultrafine Filters

Change Monthly

RESMED MACHINES

S6 to S8 Filters

Discard and replace every three months

S9 and Air10 Filters

Discard and replace every six months

FISHER AND PAYKEL MACHINES

Discard filter and replace every three months (the filter's black line faces in) DO NOT WASH

Troubleshooting

If you experience chest, sinus or ear pain, [SEE YOUR DOCTOR.](#)

Mask Leaks

- Gently lift mask upwards when fitting it on your face, letting it fill with air to ensure a proper seal.
- Ensure your mask straps are not too tight or too loose.
- Clean the part of the mask that touches your face EVERY morning, once you remove the mask. A clean, smooth mask cushion helps reduce or eliminate leaks.
- Consider mask replacement.

Bloating

- Activate or renew your ramp. Please see your machine instructions to do so.
- Increase the humidity level.

Excess Humidity

(water in your mask or tubing)

- Turn down the humidity setting on your machine.
- Wrap your tubing with an insulating material (tensor bandage, polar fleece, socks, towel).
- Increase the temperature in your bedroom.
- If machine is capable, consider a heated hose.

Nose/Sinus Issues

(runny, stuffy, dry or bleeding nose)

- Increase humidity level on your machine.
- Use saline nasal spray (salt water) or a water-based moisturizer before you use CPAP.
- If machine is capable, consider a heated hose.



Tender/Red Spots on Skin

- Loosen your mask straps.
- Reposition your mask on your face.
- Make sure the mask is clean so it can seal well.
- Use a bandage over the affected spot until it heals.

Headaches

- Activate or renew your ramp. Please see your machine instructions to do so.
- Turn up the humidity setting on your machine.
- If machine is capable, consider a heated hose.

If you continue to experience leakage, bloating, tenderness or other discomforts, contact Medigas.



All pressure changes must be authorized by a physician. Contact Medigas for information.