

# BiLevel Positive Airway Pressure (BiPAP™)

## What is BiPAP?

BiPAP is a small machine that connects to a mask. The mask fits over your child's nose or nose and mouth. The machine gently pushes air through the mask and into your child's airway and lungs. The BiPAP gives a higher pressure when your child breathes in and a lower pressure when they breathe out. This keeps your child's airway and lungs open, giving them bigger breaths. Your child will use this while they are sleeping.



The BiPAP machine does not give oxygen. If needed, an order can be written for oxygen.

## What is the difference between CPAP and BiPAP?

- CPAP is set at a pressure that stays the same when a child breathes in and breathes out.
- BiPAP gives a child extra support by pushing in higher levels of air when a child breathes in. It can be set to give a child a breath if there is a pause in breathing.

## Why is BiPAP used?

BiPAP may be used for some children with:

- Obstructive sleep apnea (If CPAP wasn't tolerated)
- Neuromuscular Weakness
- Restrictive Lung Disease (Stiffness of the lungs or chest)
- Central Sleep Apnea
- Other breathing difficulties during sleep

## Using BiPAP

A home equipment company will show you how to use and clean the BiPAP equipment. It works best when it is used all night, every night. This may not be easy at first, but with regular use most children and teens get used to wearing the mask. The machine has a modem that uploads data to an online program. After starting BiPAP, a Respiratory Therapist from our sleep program will look at the data. They will contact you to talk about how your child is doing with wearing BiPAP. We may be able to solve simple problems over the phone.

Your child will also need to have a clinic visit about 1 to 2 months after starting BiPAP. During that visit, the BiPAP machine and mask will be checked. You will also get help with any problems your child might be having with BiPAP. Your child should keep using BiPAP unless the doctor or nurse practitioner tells you it is safe to stop.

## Ask staff about these other teaching sheets that may be helpful

- CPAP #1280
- Helping your child wear a CPAP mask #1451

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**