

Why is it important to keep CPAP or BiPAP™ supplies clean?

CPAP or BiPAP therapy blows positive air pressure into your child's throat and lungs. When the supplies (mask, tubing, filter, and machine) are not clean, the pressure can also blow dirt, germs, or allergens into your child's throat and lungs.

What is the best way to clean CPAP or BiPAP™ supplies?

Follow the user manual. Here are some basic cleaning tips:

Every Morning

- Use a mild dish soap on a washcloth for daily cleaning. Wipe off the part of the mask or nasal pillows that touches the face with a warm soapy washcloth.
- After cleaning, rinse the washcloth with water and wipe the soap off the mask or nasal pillows. Let it air dry.
- Empty the water tank. Let it air dry.
- Special CPAP wipes can be used in place of soap and water, if you have them.
- Do not use baby wipes or alcohol-based products. They can break down the material. This makes the mask uncomfortable to wear.

Every Week

Follow these cleaning steps one morning each week. If you do it in the morning there will be time for everything to dry before using them again.

- Use a plain, soft, damp cloth to wipe the outside of the CPAP or BiPAP machine.
- Replace the disposable filter if it looks dirty. If there is a reusable filter, follow the manufacturer's user manual to clean it.
- Use a mild dish soap and warm water to wash the headgear, mask frame, cushion, water tank, and tubing.
- Rinse everything so there is no soap left behind.
- Gently squeeze out the headgear and let it air dry.
- Put the water tank upside down on a clean towel to dry.
- Hang the tube over something like a shower curtain rod or chair to dry. If your child has a heated tube, make sure the electrical connections are completely dry before plugging it in.

Every Month

- Check the mask cushion or nasal pillows for worn spots, leaks, or rips. Order a new one from your home care company. If there are no problems, you can wait until 3 to 6 months to order a whole new mask or nasal pillows.
- Order a new filter at least every month.

Every Three to Six Months

- Call your home care company and order a new mask or nasal pillows, headgear, and hose.
- Always save your last mask or nasal pillows and headgear. Keep them just in case something happens to your new one.

Ask staff about other teaching sheets that may be helpful

- BiPAP #1281
- 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.