

Cleaning and Maintenance of Your CPAP Equipment

DAILY ROUTINE

1. If you have used **tap water** in your humidifier, tip out water from the chamber and wash out with warm soapy water and allow to air dry. Ensure that the base of the chamber is dry before replacing it in the humidifier unit. If you have used **distilled water**, remember to check the water level each day and top it up before turning machine on – and wash the chamber with warm soapy water once a week.
2. Take off the silicon cushion or pillows from your mask and wash in warm soapy water and rinse well. Shake off any excess water and allow to air dry. Alternatively, use CPAP Wipes® for added convenience and ease.
3. If your mask has forehead pads or a grey foam cushion – wipe these with a light damp cloth.

WEEKLY ROUTINE

1. Disassemble your mask completely and fill a bowl or sink with warm soapy water and give everything a thorough clean. Rinse in clean water and leave to air dry on a towel. This includes the Headgear.
2. Dust and wipe over your CPAP pump with a light damp cloth.
3. Wash the chamber with warm soapy water and allow to dry before refilling.
4. Wash tubing in warm soapy water. Rinse with clean water and hang it up to air dry inside. This is easiest done in the shower. **DO NOT LEAVE IT IN THE SUN.**

MONTHLY ROUTINE

1. Check your tubing for any holes or signs of wear.
2. Check the filter in the CPAP pump. Some filters are washable, while others are not. Please check with your CPAP Consultant if you are unsure.

If your device uses a washable filter, it should be rinsed under running water once a month and allowed to air dry. The filter should generally be replaced every 3–6 months.

Ultrafine filters are not designed to be washed and should be replaced every month.

3. Fill the humidifier chamber with a solution of 1 part white vinegar to 5 parts water, or use a Steradent Denture cleaning tablet. Block any holes and give it a shake. Leave to stand for a maximum of 10 mins. Tip out, rinse with clean water and leave to air dry.

What is the best sort of soap to use?

You just need to use a MILD simple soap which does not have any fragrances, oils or moisturisers added to it. We recommend Purdoux®, a CPAP soap specifically made for this purpose. It is suitable for all CPAP masks and tubing.

What is the best sort of water to use in my humidifier chamber?

Distilled water is the recommended and best sort of water to use and is important if you have a humidifier that has a disposable chamber with an aluminium base. Using distilled water will mean the humidifier chamber will generally last longer and be easier to maintain, as the base will not react with the mineral content of tap or bottled water and deteriorate faster. When using distilled water you do not need to empty it every day; simply just top up the chamber as needed and empty and clean as per the weekly instructions above.

If your humidifier has a stainless steel base then it is possible to use filtered or boiled tap water. Boil the water first and pour into another jug to cool. Do not put hot or boiling water into the water chamber directly from the kettle – use only room temperature water cooled in the jug. Then empty and clean as per the DAILY instructions above.

Sleep apnoea pumps, masks and accessories

1300 27 27 63

cpapnetwork.com.au

- ☐ **Lilydale.** Lilydale Sleep Apnoea Centre. 283 Main Street. P: 9739 4174. E: lilydale@cpapnetwork.com.au
- ☐ **Cranbourne.** Cranbourne Sleep Apnoea Centre. 4/1 Bakewell Street. P: 5998 8998. E: cranbourne@cpapnetwork.com.au
- ☐ **Belgrave.** Belgrave Community Pharmacy. 1639 Burwood Highway. P: 9754 2001. E: belgrave@cpapnetwork.com.au
- ☐ **Boronia.** Melbourne Eastern Pharmacy. 157 Scoresby Road. P: 9839 3377. E: boronia@cpapnetwork.com.au
- ☐ **Noble Park.** South Eastern Private Hospital. 313 Princes Highway. P: 9546 7014. E: noblepark@cpapnetwork.com.au
- ☐ **Hawthorn East.** Hawthorn Sleep Apnoea Centre. G08/12 Cato Street. P: 9822 2588. E: hawthorn@cpapnetwork.com.au
- ☐ **Heidelberg.** Heidelberg Healthcare Pharmacy. 119 Burgundy Street. P: 9458 1244. E: heidelberg@cpapnetwork.com.au
- ☐ **Balwyn North.** Greythorn Amcal Pharmacy. 297-301 Doncaster Road. P: 9857 7363. E: balwyn@cpapnetwork.com.au
- ☐ **Mornington.** Mornington Sleep Apnoea Centre. Shop 3/193 Main Street. P: 5990 5888. E: mornington@cpapnetwork.com.au

CPAP Network clinics conveniently located at:

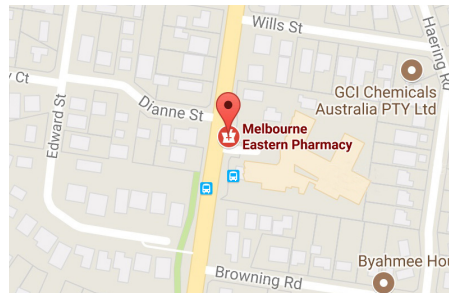
Lilydale

Lilydale Sleep Apnoea Centre
283 Main Street
P: 9739 4174 F: 9739 5672
E: lilydale@cpapnetwork.com.au



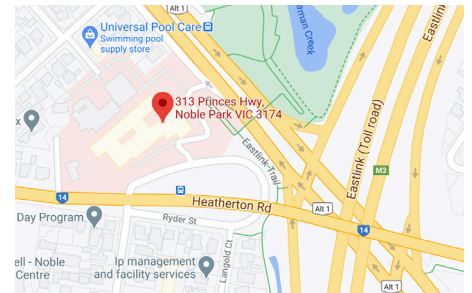
Boronia

Melbourne Eastern Pharmacy
157 Scoresby Road
P: 9839 3377 F: 9839 3378
E: boronia@cpapnetwork.com.au



Noble Park

South Eastern Private Hospital Sleep Lab
313 Princes Highway
P: 9546 7014 F: 9739 5672
E: noblepark@cpapnetwork.com.au



Cranbourne

Cranbourne Sleep Apnoea Centre
4/78 High Street (enter via Bakewell St)
P: 5998 8998 F: 5996 8660
E: cranbourne@cpapnetwork.com.au



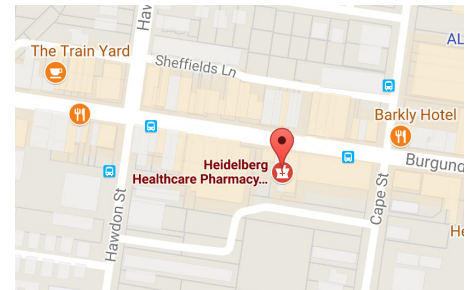
Mornington

Mornington Sleep Apnoea Centre
Shop 3/193 Main Street
P: 5990 5888 F: 5990 5880
E: mornington@cpapnetwork.com.au



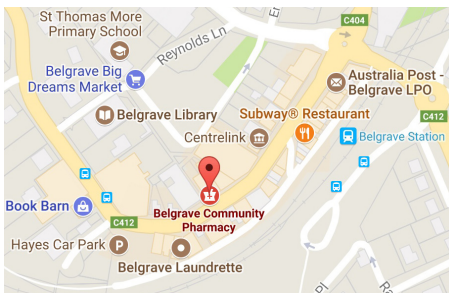
Heidelberg

Heidelberg Healthcare Pharmacy
119 Burgundy Street
P: 9458 1244 F: 9458 3320
E: heidelberg@cpapnetwork.com.au



Belgrave

Belgrave Community Pharmacy
1639 Burwood Highway
P: 9754 2001 F: 9752 6012
E: belgrave@cpapnetwork.com.au



Hawthorn East

Hawthorn Sleep Apnoea Centre
G08/12 Cato Street
P: 9822 2588 F: 8823 8750
E: hawthorn@cpapnetwork.com.au



Balwyn North

Greythorn Amcal Pharmacy
297-301 Doncaster Road
P: 9857 7363 F: 9857 9244
E: balwyn@cpapnetwork.com.au

