

IF YOU NEED CPAP: What you need to know

1. CPAP stands for Continuous Positive Airway Pressure and is the treatment of choice for most patients who have significant sleep apnea.
2. In Ontario, the Ministry of Health funds 75% of the total cost of a CPAP or APAP devices, which have fixed at \$860 and \$1020 respectively. If you have an extended health plan, this will usually fund the remaining cost. Further charges may be incurred depending upon your selection of educational and enhanced upgrade packages. You may choose your own homecare company and if you have a preference, please let us know. Otherwise, we would be pleased to assist you in finding one.
3. The Ministry of Health will not routinely fund the purchase of a new CPAP device every 5 year. However, CPAP devices are generally durable and reliable. If cared for properly they will last many years beyond this.
4. CPAP devices should undergo maintenance as per the directions of the manufacturer. This should be no sooner than once per year and can be preformed by your homecare company. If you have any difficulties with your device and require service, contact the homecare company you purchased the device from. Accessories and replacement parts can also be obtained from them.
5. Changes in the pressure setting of your device may also periodically be necessary. It is suggested that you are referred for periodic visits with your specialist. Never change the pressure without consulting your physician. Two weeks after your CPAP titration study it is essential for you to contact your homecare company, to ensure that the pressure level is set correctly.
6. When deciding on the right device for you, remember that comfort is very important. All devices on the market are equally reliable and effective. Choose a mask/interface that you feel is best suited to you. A comfortable mask that does not leak is *very* important. Also consider how quiet the device is.
7. Be patient when starting CPAP therapy. It takes a lengthy period of time to become comfortable with the device. You will likely become used to wearing CPAP without much difficulty within 2-6 weeks. If you continue to have difficulties discuss this with you physician at your follow-up visit.
8. If you experience an upper respiratory infection with a stuffy nose, a topical decongestant, such as Otrivin or Dristan spays, will allow you to use your CPAP more comfortably.
9. Changing the mask every 18-24 months should be considered, as a bacterial biofilm forms on the plastic, despite normal cleaning.
10. Keeping the hose above the head will allow you to rotate and turn freely in bed.

For more information, please also visit our Website at www.bsdclab.com