Humidifier Instructions for Continuous Positive Airway Pressure CPAP

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You have been supplied with a humidifier to use with your CPAP treatment to improve symptoms of mouth and throat dryness at night.

**What is it?**

A humidifier is a specifically designed plastic unit which usually clips on to the side or front of your machine. It holds water which is heated by the unit and supplied via a tube to your CPAP mask. This helps with the mouth and throat dryness. You may also be supplied with a heated tube for use with the humidifier depending on the model of your CPAP machine. There are two models of CPAP: the S8 and S9. The S9 is sometimes supplied with a heated tube. The Physiologist will tell you which model you have been supplied with.

**Your CPAP Model ________________ Heated tube Yes/No**

There are some important safety precautions to take note of when using the humidifier.

**Safety Precautions**

- Use the CPAP & humidifier on a flat, stable surface next to the bed

- Use either **distilled or filtered water** in the humidifier. You can boil water and let it cool as an alternative. Using water direct from the tap usually results in a build-up of lime scale in the humidifier, which significantly shortens the life of the unit

- Use fresh water every day as using the same water each day increases the risk of respiratory infection

- The humidifier unit should only be connected or disconnected from
the CPAP machine when the water tub is empty

- Do not use any additives (e.g. scented oils or perfumes) in the water. These may reduce the output of the humidifier and damage the water tub

- When transporting the humidifier, turn off the power, remove the water tub and empty and dry completely, then detach the humidifier with the release button. This is situated under the unit with the S8 and at the back of the unit with the S9

- Do not run the humidifier dry i.e. without water in the tub

- Do not use on an aircraft as turbulence may cause water to enter the CPAP unit

Setting up the humidifier

1. Align the CPAP machine and humidifier unit side by side and push them together until they click into place; the S8 model fits on the front, S9 model on the right-hand side

2. Connect the power supply but do not switch on

3. If you have a normal tube (S8 & S9), connect it to the air outlet and the mask to the free end. If you have a heated tube (S9 model), attach the end with the orange square to the machine and twist until it clicks into place, and the other end to the mask
**Filling the water tub**

1. Lift the lid front (S8) or slide the latch (S9)

2. Remove the water tub

3. Fill the tub through the centre hole up to the maximum water level mark; never overfill

4. Return the tub to the unit

5. Close the flip lid and ensure it clicks into place

6. Turn on the power

**Adjusting the humidity level**

**S8**

The level ranges from off (0) to 5 (IIIII). This is adjusted with the manual dial on the top of the humidifier.

**S9**

The level ranges from 0 to 6 and can be adjusted at any time to find the most comfortable setting:

1. From the home screen, turn the large button on the right hand side until the humidity level screen is displayed in blue

2. Press the button down until the screen turns orange
3. Turn the level up or down by turning the button to the level you require

4. Press the button down again to confirm your choice and the screen will turn blue again

**Maintenance**

**Warnings**
- Do not immerse the device or power cord in water
- Always unplug the device before cleaning and make sure it is dry before plugging back in
- Take care when handling the unit. The water and the water tub base may both be hot. Allow 10 minutes for the heater plate and any excess water to cool

**Daily cleaning**
Wash the tub lid, plate and base in warm water using a mild detergent. Rinse thoroughly in clean water and allow them to dry away from direct sunlight.

**Monthly cleaning**
Peel back the seal from the flip lid and wash in warm water using a mild detergent. Wipe the exterior of the humidifier with a damp cloth and a mild detergent.

**Other cleaning**
To remove lime scale in the water tub, use a solution of one part household vinegar to 10 parts water.
Other Maintenance

Inspect the water tub and seal; stop using the unit and contact Lung Function and Sleep if any component is leaking or cracked or the seal becomes torn.

Common problems:

Too much moisture in the tube/mask
This can be caused by having the humidification setting up too high, in which case turn it down a notch at a time until problem is alleviated. Placing the unit lower than the bed height can also help. Placing the tube (non-heated) under the bed covers can also help with excess condensation.

Condensation can also be caused by a cold bedroom temperature; turning the heating up by a few degrees may help.

Still dry on humidification
Turn the level up one notch at a time until adequate moisture is delivered.

Build-up of deposits on the heated plate
Use the lime scale cleaning procedure detailed above.
Please use the space below to write down any questions you may have and bring this with you to your next appointment.
The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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