

## BiLevel Positive Airway Pressure

**BiLevel therapy differs from Continuous Positive Airway Pressure (CPAP) by using two different pressures, one during inspiration (breathing in) and a different pressure during exhalation (breathing out). These pressures are known as IPAP and EPAP. BiLevel therapy is commonly used to treat obstructive sleep apnea but may be prescribed by your doctor for other pulmonary conditions. Your BiLevel system is composed of a pressure unit, nasal pillows or mask interface, and a connecting tubing.**

- ◆ Your doctor may recommend the type of interface (mask or nasal pillows) used with the BiLevel unit or a respiratory therapist may “fit” you for the most effective and comfortable system. Getting used to the interface and to BiLevel therapy takes a bit of time and patience, but rest assured that thousands of people have adjusted to BiLevel systems.
- ◆ Signs of trouble with the BiLevel interface are: eye dryness (adjust the mask/pillows to avoid leaks), redness and irritation around the mask or nasal pillows (the mask/pillows may be adjusted too tightly), discomfort during the inspiration pressure (the pressure may be too high), or a runny nose (normal initially, but should go away within a week). If you are having problems in tolerating BiLevel, contact your Preferred Homecare/LifeCare Solutions Respiratory Therapist.
- ◆ Do not change the set pressures on your BiLevel unit without consulting with your Respiratory Therapist or physician. If your physician recommends changes in the pressures, please notify your Preferred Homecare/LifeCare Solutions Respiratory Therapist.
- ◆ Always plug your BiLevel unit into a grounded wall outlet or use a grounded adapter for a three-pronged plug. Do not immerse the BiLevel unit in water and keep liquids away from the unit. Clean the outside by wiping it with a damp cloth.
- ◆ Clean your mask or nasal pillows daily by hand washing with a mild dishwashing detergent and warm water. Do not use cleaning solutions which contain alcohol, bleach, or moisturizers. Rinse the mask/pillows thoroughly and allow to air dry. Make sure that the mask/pillows are dry before use. Wash your headstrap by hand or machine in warm water using a standard laundry detergent. Do not use bleach.
- ◆ Use your BiLevel therapy as prescribed by your physician. If you find that you are unable to use the unit as prescribed, please contact Preferred Homecare/LifeCare Solutions so that we can assist you to find solutions to the problems you are experiencing. We have hundreds of customers who use BiLevel and may have suggestions or advice that can provide you with valuable assistance. Our goal is to help you to use BiLevel effectively and safely.





## CPAP CLEANING PROCEDURES

**DAILY:** Clean the soft flexible portion of the mask or nasal pillows once a day with a solution of warm soapy water, rinse and let air dry.

If you are using a CPAP humidifier re-fill it with clean distilled water daily.

**WEEKLY:** Once a week you should clean your entire mask, CPAP tubing, headgear, and CPAP humidifier (*if applicable*) with a solution of warm soapy water, rinse and let it air dry. Some humidifier components may be dishwasher safe, refer to manufacturers manual. You may also wash your headgear in the washing machine if you wish, but use only the gentle cycle and no bleach. You can machine dry on a very low setting or let your headgear "air dry".

For cleaning you can use any type of mild non-lotion detergent. We recommend using an antibacterial soap as this will also help to kill bacteria and eliminate any need for further disinfecting.

Clean any external foam filters once a week following the same procedure.

**MONTHLY:** Some of the CPAP units have a white paper or HEPA filter that should be replaced every month. Ask your respiratory therapist if your unit has a replaceable filter and how to re-order them.



**Preferred  
Homecare**

*LifeCare Solutions*

## **CPAP/BiPAP Accessories Reorder Guide**

<u><b>Accessory</b></u>	<u><b>Maximum Insurance Allowed</b></u>
Nasal Mask /Nasal Cannula	1 per 3 months
Full Face Mask	1 per 3 months
Headgear	1 per 6 months
Tubing	1 per 3 months
* Nasal Cushion	2 per month
* Full Face Cushion	1 per month
Nasal Pillows	2 per month
Filter, Disposable (white ultra fine)	1 pack per month
Filter, Non-disposable (black foam)	1 pack per 6 months

**For replacements supplies call the CPAP Replenishment Program**

**1-888-446-9050 or  
480-882-0550**

**Patient Account # \_\_\_\_\_**

*If you have any clinical questions regarding your CPAP/ BIPAP therapy or you need a mask refit please contact your local office.*

**\*\*Respironics and Resmed Components Only\*\***