



## **CPAP Equipment Cleaning & Disinfecting Schedule and Instructions**

### **CPAP equipment: mask & headgear**

Only use a mild, non-lotion detergent. Do not use soap or strong dish washing detergents such as Dawn or Joy. Do not use bleach, hand sanitizer or alcohol. Avoid detergents that use strong perfumes or dyes, dishwashing detergent like Ivory Clear, Palmolive, or baby shampoo are recommended.

### **Disinfecting your equipment: Humidifier Chamber & Tubing**

Mix one-part white distilled vinegar with three parts water (tap water is ok) First wash and rinse your soak it in the vinegar and water solution for 20 minutes. Rinse thoroughly with tap water and then allow to air dry. To dry your CPAP tubing, hang over a doorknob or over a shower curtain.

### **Drying Hints:**

Always hang tubing away from direct sunlight, as this will cause the tubing to become yellow, brittle and crack over a period of time. DO NOT attach the wet tubing to your CPAP unit to blow-dry it. The moisture from the tubing can drain back into your machine.

### **Cleaning the CPAP unit:**

- Unplug the unit before cleaning it.
- Never immerse the unit in water.
- Using a cloth slightly dampened with water and dish detergent, wipe the outside of the unit.
- Using a cloth dampened with water only, wipe the outside of the unit again.
- Use a dry cloth to wipe the unit and then let it air dry.
- Make sure the unit is thoroughly dry before plugging it in.

### **Cleaning and Disinfecting the Humidifier: Weekly**

- Mix disinfecting solution one-part white distilled vinegar with three parts water (tap water is ok)
- Soak the humidifier in disinfectant for 20 minutes.
- Be sure the disinfectant completely covers and fills the humidifier.
- Remove the humidifier and shake out the excess solution and rinse with distilled water.
- Allow to air dry.



### CPAP Equipment Cleaning and Disinfecting Schedule

Equipment	Cleaning Frequency	Instructions
Disposable Filter (White)	Do Not Clean	Do not wash, when it turns grey in color, throw it away. <u>MEDICARE replace this filter on the 1<sup>st</sup> and the 15<sup>th</sup> of the month</u>
Permanent, Black, ultra-fine pollen filter	Change as needed 3 to 6 months	Rinse filter with tap water every week
6 Foot tubing	Weekly	Clean with warm soapy water or soak in vinegar and water. One part vinegar three parts water.
Mask / Nasal Pillows	Weekly	Mild soapy water, Rinse, Air Dry
Headgear	As Needed	Hand wash, Mild soapy water, Rinse, Dry
Humidifier	Weekly	Wash with warm water and mild detergent or soak in vinegar and water. One part vinegar three parts water.
CPAP Unit	As Needed	Dust with damp cloth, No detergents or sprays

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