

# Cleaning and Maintenance of PAP Equipment

Without proper cleaning and maintenance, your PAP machine and supplies can grow harmful bacteria. This could cause your equipment to acquire a foul smell, leak, cause discomfort or skin irritation and lead to premature breakdown.

**PLEASE NOTE: Use Distilled Water Only. Tap or bottled water creates a visible residue in the chamber and builds up over time. Additional charges may apply on machine trials/rentals where distilled water is not used. Use Mild Soap Only such as dish soap or Purdoux soap. DO NOT USE ANY HARSH CHEMICAL CLEANERS. Inspect all products after washing prior to use.**

## Daily Cleaning

### ✔ Mask:

- Wipe mask seal with Purdoux PAP wipe or wash with mild soap
- Rinse and allow to air dry. Pour out excess water from water chamber daily

## Weekly Cleaning

### ✔ Fill sink with warm water and mild soap (dish soap or Purdoux soap)

### ✔ Water Chamber:

- Remove water chamber from humidifier
- Submerge water chamber and gently handwash
- If residue is noted in the chamber, consider soaking in 1/4 cup of vinegar mixed with warm water for 10 minutes
- Rinse chamber and allow to air dry

### ✔ CPAP Tubing:

- Disconnect tubing from PAP machine
  - Submerge CPAP Tubing and gently handwash
  - Rinse tubing and hang to dry
- \* Ensure electrical connector is dry before reattaching the tubing to PAP machine.

### ✔ Mask:

- Submerge mask, including headgear, in warm soapy water
- To avoid velcro breakdown, keep velcro straps attached to headgear when cleaning
- Handwash carefully to avoid damaging seal
- Use a soft brush if necessary
- Rinse mask and allow to air dry

### ✔ Filters:

Respironics:	Reusable (washable) filter:	Weekly: Rinse with warm water ONLY; let air dry Replace every 6 months at minimum
	Disposable filter:	Replace monthly
Resmed:	Disposable filter:	Weekly: Inspect filter; remove any dust/debris Replace every 3 months minimum
Fisher and Paykel:	Disposable filter:	Weekly: Inspect filter; remove any dust/debris Replace every 3 months minimum

Additional Note: SoClean and Lumin are not recommended by the CPAP machine manufacturers. They are considered third party products and may void the warranty.

