

## **CPAP / APAP / BiPAP Machine Care:**

Keep Your Machine Clean & Dust-Free

Humidifier Chamber - USE DISTILLED WATER ONLY

- Rinse after every use
- Wash 2–3 times per week
  - To wash: Use light to mild dish soap with warm water, or place on the top rack of dishwasher

## **CPAP / APAP / BiPAP Masks and Tubing:**

*All supplies are non-prior auth items and covered 100% through the DOL*

- Supply Replacement Schedule
  - Tubing, Masks, Headgear: at least every 3 months (recommended monthly)
  - Cushions: at least every 2 months (recommended monthly)
  - Nasal Pillows: twice per month
  - Filters: twice per month (every other week)
  - Humidifier Chambers: every 6–12 months (depending on use and cleaning)
- If you have been sick: Replace supplies immediately (bacteria and viruses can live in masks and tubing)
- Daily Care
  - Clean mask cushions each morning with warm water + mild, fragrance-free soap
  - Let all parts air-dry completely (avoid direct sunlight)
  - Memory foam cushions: wipe gently with an alcohol-free wipe only

## **DO NOT USE on Machines or Supplies:**

- SoClean or any type of ozone cleaner
  - Voids warranty
  - Causes damage
  - Leaves harmful chemicals in tubing/mask that can later be inhaled
- Alcohol, bleach, antibacterial, harsh, or petroleum/glycerin-based cleaners

## **Recurring Supply Orders:**

We offer a 3-month recurring order plan, designed to keep supplies fresh and reduce risk of bacteria buildup. Each month, you'll receive:

- 3 Masks (patient preference)
- 3 Cushions
- 3 Headgear
- 6 Disposable Filters
- 3 Tubing (heated or non-heated, patient preference)

**For any questions, please contact Energy Workers Medical Services  
at 801.841.4490 to speak to a Respiratory Therapist or the Ordering Team.**