

Sleep Apnea Supply Instructions



PAP CLEANING GUIDE

These instructions are a guide for cleaning your PAP equipment. Refer to the instruction manual that comes with your equipment for specific manufacturer recommendations.

SUPPLIES NEEDED

- Mild liquid dish detergent (for example: Ivory or Joy)
- Sink or basin
- Clean hand towel
- Device to hang tubing (for example: shower bar, towel rack, back of a chair)
- White vinegar (optional)
- Non-alcohol-based wipes (optional)

MASK

Wash daily. Natural body oils on your face can wear down the mask, which can cause a poor mask-to-face seal.

- 1 Remove the headgear from the mask.
- 2 Wash the mask in warm soapy water.
- 3 Rinse the mask under running water.
- 4 Shake off excess water.
- 5 Place the mask on a clean hand towel to air-dry or use the hand towel to dry the mask.

* In lieu of steps 1 through 5, use an approved mask cleaning wipe and allow to air-dry.

NASAL PILLOWS

Wash daily.

- 1 Remove the nasal pillows from the frame.
- 2 Wash the nasal pillows in warm soapy water.
- 3 Rinse the nasal pillows under running water.
- 4 Shake off excess water.
- 5 Place the nasal pillows on a clean hand towel to air-dry or use the hand towel to dry the nasal pillows.

* In lieu of steps 1 through 5, use an approved mask cleaning wipe and allow to air-dry.

HUMIDIFIER

Water or moisture that sits in the water chamber when not in use readily begins to grow mold and fungal material. When these are blown with pressure through your nose, it can trigger allergies, rhinitis (clear, runny nose) and congestion. This makes tolerating PAP therapy difficult.

- 1 **Daily** – empty the humidifier tub and wipe it thoroughly with a clean cloth. Allow it to dry out of direct sunlight.
- 2 **Weekly** – Wash the inside of the water chamber with warm soapy water or a solution with a ratio of 1 part vinegar and 9 parts water at room temperature.
- 3 Rinse the inside of the water chamber thoroughly.
- 4 Pour out excess water.
- 5 Use a clean hand towel to wipe the outside of the water chamber and allow the inside of the water chamber to air-dry.

TUBING (HEATED & NON HEATED)

Wash weekly.

- 1 Separate tubing from the PAP unit and mask or nasal pillows.
- 2 Wash the tubing in warm soapy water.
- 3 Rinse the tubing under running water.
- 4 Shake off excess water.
- 5 Allow tubing to air-dry by hanging it so that water will drain out. Tubing also can be dried by reattaching it to the PAP unit and turning the unit on for several minutes.

*If using heated tubing, assure electronic contacts are dry before reconnecting to your PAP device.

HEADGEAR

Wash weekly.

- 1 Close the Velcro tabs so that they do not accumulate lint from the drying towel.
- 2 Hand wash the headgear in warm soapy water. Do not wash the headgear in the washing machine.
- 3 Rinse headgear thoroughly.
- 4 Place the headgear on a clean hand towel to air-dry or use the hand towel to dry the headgear. Do not dry the headgear in the clothes dryer.

DISPOSABLE MACHINE FILTERS

Check monthly (more often if needed, for example: your PAP unit is in a dusty room or you have a house pet). Remove the filter from the PAP unit and replace with a new, unused disposable filter.

PAP UNIT

- 1 Remove household dust from the PAP unit by wiping it with a damp cloth.
- 2 Do not place liquids on top of the PAP unit.

EQUIPMENT CLEANING ADDENDUM

Traveling — You can travel with your PAP equipment. When traveling, PAP cleaning wipes can be used to clean your mask. PAP manufacturers normally recommend only distilled water is used with humidification due to potential mineral deposits in the system, hose or mask. In rare circumstances where distilled or purified water is not available, bottled water should be used in place of distilled water.

Important

- Do not keep or use cleaning supplies that are expired.
- Follow your manufacturer's instructions on when to replace equipment and/or supplies.
- Do not put solutions in the water chamber that may be harmful to you; these include bleach and other cleaning products with similar strong chemicals.
- Do not put products such as VICKS in the humidifier.

* For your convenience, the Mayo Clinic Store offers PAP cleaning devices and supplies. Talk to a Mayo Clinic Store staff member for additional details.

PAP RE-SUPPLY

HOW TO OBTAIN PAP SUPPLIES

You may obtain replacement supplies by contacting the Mayo Clinic Store where you obtained your device or our Mail Order department.

Medicare or your insurance company may require documentation demonstrating compliance for replacement sleep apnea supplies. You can call your insurer regarding your specific coverage criteria.

Order by Telephone

Call our Mail Order department toll-free 888-303-9354. Our customer service representatives are available Monday through Friday, from 8 a.m. to 5 p.m. Central time. Please have your insurance information and/or preferred method of payment available (accepted credit cards are Visa, MasterCard, American Express and Discover).

Shipping and Handling (Continental U.S.)

Orders totaling up to \$125 will have a flat \$10.95 shipping charge (bulk items extra).

Orders of more than \$125, or billed to insurance, will be shipped free of charge.

We can provide premium shipping services including next day and second day. Charges for premium shipping services will be added to the invoice.

WHY SHOULD YOU OBTAIN REPLACEMENT PAP SUPPLIES REGULARLY?

- Masks get brittle and dirty from continued use.
- Bacteria will build up inside the tubing and mask.
- If you are ill while using your sleep apnea device, you will need to replace supplies once you are feeling better; viruses are known to stay alive in moist and confined areas for several weeks.
- Disposable supplies are not intended to be used indefinitely.

- Oils from your skin will cause the mask and headgear to lose elasticity, which you will compensate for by over tightening the straps; this may ultimately result in your facial skin breaking down.
- Mask leaks will result in a loss of pressure, causing you to lose the benefits of your sleep apnea therapy.
- Your skin may break down from continued use of a dirty mask.

HOW OFTEN MAY I REPLACE PAP SUPPLIES?

The chart below is a guide as to the frequency Medicare and Medical Assistance (Minnesota or Wisconsin) may replace your disposable supplies, which may be different from commercial carrier's standards. HCPCS Code is a reference to the codes that Medicare and other insurance companies use to identify products.

| Medicaid | | | | | |
|---------------|-----------------------------|-------------------|-------------------------------|-----------------------------|------------------------|
| HCPCS CODE | ITEM | MEDICARE SCHEDULE | MINNESOTA MEDICAID SCHEDULE | WISCONSIN MEDICAID SCHEDULE | IOWA MEDICAID SCHEDULE |
| A7046 | Humidifier Chamber | 1 per 6 months | 1 per 6 months | Varies (1–4 per month) | 1 per 6 months |
| A7039 | Washable Filter | 1 per 6 months | 1 per 6 months | 1 per 3 months | 1 per 6 months |
| A7038 | Disposable Filter (each) | 2 per month | 2 per month | 2 per month | 2 per month |
| A7037 | Tubing | 1 per 3 months | 1 per 3 months | 2 per 3 months | 1 per 3 months |
| A7036 | Chinstrap | 1 per 6 months | 1 per 6 months | 1 per 3 months | 1 per 6 months |
| A7035 | Headgear | 1 per 6 months | 1 per 6 months | 1 per 3 months | 1 per 6 months |
| A7034 & A7035 | Nasal Pillow Kit w/Headgear | 1 per 6 months | 1 per 6 months | 1 per 3 months | 1 per 6 months |
| A7034 | Nasal Mask | 1 per 3 months | 1 per 6 months | 1 per 3 months | 1 per 3 months |
| A7033 | Nasal Pillows | 2 per month | 2 per months | 1 per 3 months | 2 per month |
| A7032 | Nasal Mask Cushion | 2 per month | 2 per months | 1 per 3 months | 2 per month |
| A7031 | Full Face Mask Cushion | 1 per month | 1 per dispensing, 2 per month | 1 per 3 months | 1 per month |
| A7030 | Full Face Mask | 1 per 3 months | 1 per 6 months | 1 per 3 months | 1 per 3 months |
| A460 | Tubing With Heating Element | 1 per 3 months | 1 per 3 months | No Coverage | 1 per 3 months |

Medicare and Medical Assistance require that we document that the person is continuing to use the sleep apnea device, the products need to be replaced due to damage or wear and that the recipient is not receiving home health care or is not in a skilled nursing facility.



Proceeds from products purchased support medical education and research at Mayo Clinic.

Convenient Mail Order Service: 888-303-9354

Online Ordering: store.mayoclinic.com

Products can be shipped to your home to make at-home care easier.