

CPAP/Bi-LEVEL THERAPY

Here is important information you will need to know about the CPAP or Bi-Level you were prescribed.

CPAP, pronounced sea-pap, is the abbreviation used for Continuous Positive Airway Pressure and Bi-Level is the abbreviation for Bi-Level Positive Airway Pressure. It is the treatment of choice for most patients who have been diagnosed with significant sleep apnea.

Please read carefully. For more information, please visit our website, www.sleepdiagnosticscentre.com.

Getting Started

- You have the choice of CPAP/Bi-Level provider.
- Devices are made with features to help make you succeed with therapy. Choose a mask that is comfortable and well fitted. Nasal masks/pillows are generally preferable to full face masks unless there is sinus disease or substantial nasal obstruction.

Adjusting to Therapy

- Be patient. It will usually take a few weeks or even up to two months to acclimatize to CPAP/Bi-Level. If your mask causes discomfort, contact your CPAP/Bi-Level provider; if you have difficulty adjusting to CPAP/Bi-Level, discuss with your physician at your follow-up appointment.
- If you experience an upper respiratory infection with a stuffy nose, a topical decongestant such as Otrivin or Dristan nasal spray may help you to use your CPAP/Bi-Level more comfortably.
- Periodically, changes in your CPAP/Bi-Level prescription may be necessary. It is suggested that you be referred for periodic visits with your sleep specialist. The pressure should not be changed without prior consultation with your sleep specialist.

Maintaining Your Device

- Keeping the tubing above your head will allow you to turn freely in bed.
- Changing your mask every 6 months should be considered as a bacterial biofilm forms on the mask material, despite regular cleaning.
- Change your humidifier chamber and tubing every 6-12 months.
- If your CPAP/Bi-Level device requires service, contact your CPAP/Bi-Level provider for assistance.

Funding

- For qualifying applicants, the Ontario Ministry of Health will cover 75% of the Assistive Devices Program (ADP) price for CPAP/Bi-Level.
- If you have Extended Health Benefits, check your plan for your CPAP/Bi-Level device and supplies coverage. Most insurers will cover the remaining cost not covered by ADP.
- ADP does not fund for ongoing CPAP/Bi-Level supplies
- ADP may consider funding a replacement CPAP/Bi-Level device after 5 years from initial device approval.

I have read and understand the above.

Patient or Other Signature _____ Date _____

Patient or Other Name _____