



# One Week CPAP Treatment Study

Kaiser Permanente Central Valley Outpatient Sleep Lab

209-824-4200

You will be provided with a CPAP (continuous positive airway pressure) machine for the next week to treat your obstructive sleep apnea.

The CPAP machine works by:

- Providing gentle pressure to keep your airway open during sleep, and
- Auto-adjusting, or titrating, to the right pressure needed to keep your airway open during sleep.

The CPAP machine has a memory card that records the pressures you require during your sleep. From that information, we are able to determine what pressure is needed to maintain your airway.

**Please use the CPAP every night for the next week. At your return appointment,**

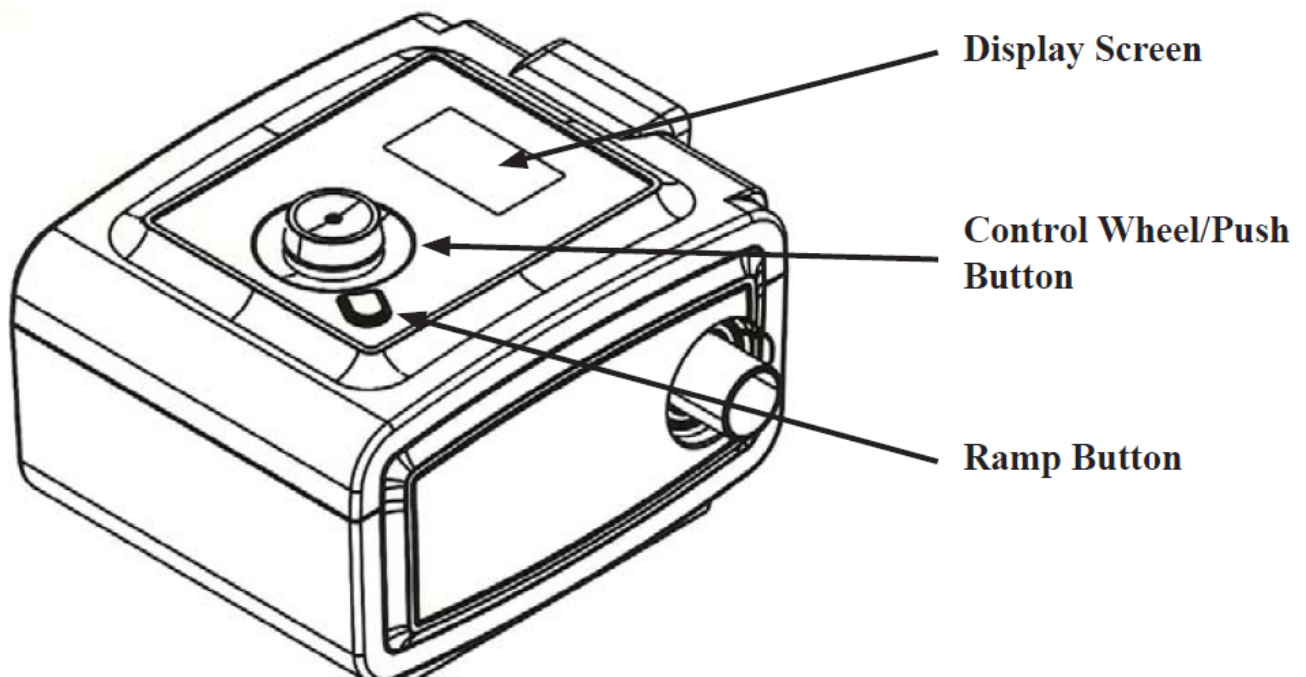
1. You return the CPAP machine, tubing and mask
2. The CPAP's memory card will be downloaded
3. You will receive instruction on use and care of the Remstar CPAP machine.

After our physician reviews the download, a prescription will be written for you for a CPAP machine and supplies.

If you have Kaiser Durable Medical Equipment (DME) coverage, the prescription will be sent to Apria Healthcare and they will send you a CPAP machine and mask within 10 days.

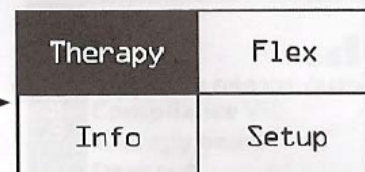
If you do not have DME coverage, a prescription will be mailed to you.

## Instructions on using the Remstar CPAP/BIPAP Machine (System One)



The **Display Screen** must have the **Therapy** mode selected for the CPAP/BIPAP machine to turn on.

Turn the **Control Wheel** until the word **Therapy** is highlighted.



The **Remstar CPAP/BIPAP machines have an auto-on feature**. When you are connected to the CPAP/BIPAP machine and begin to breathe, the CPAP/BIPAP machine will automatically turn on.

- ➔ You may also use the **On/Off Push Button** to turn **on** the machine.
- ➔ Use the **Push Button** to turn **off** the machine.

The **Ramp Button** will reduce your pressure to the minimum setting. Use the button to reduce the pressure to the lowest setting, if needed.

### Setting up the CPAP/BIPAP machine

Place the CPAP/BIPAP machine on a nightstand or table beside the bed. Keep the machine at or near the same level as your bed. Do not set the machine on the floor. If you experience condensation in the tubing, place your machine slightly lower than your bed.