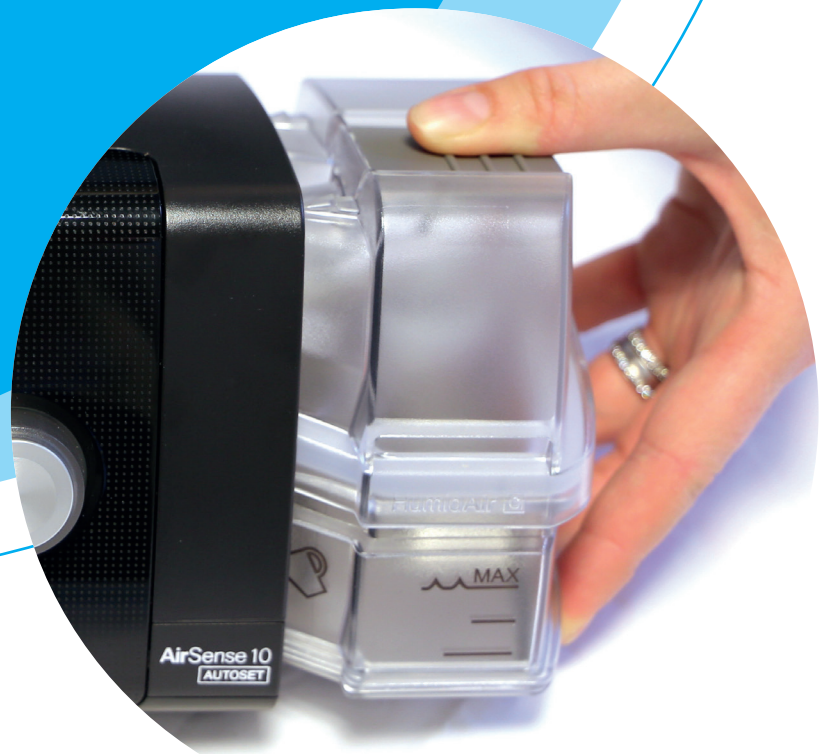


How to Use Your CPAP Water Tub



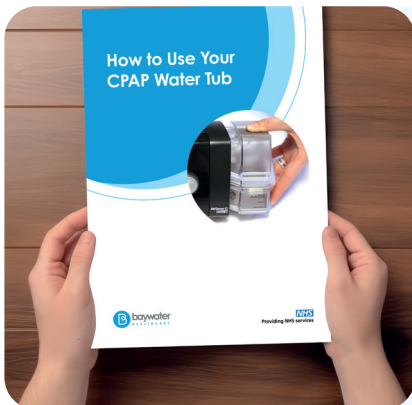
How to use your CPAP water tub



CPAP is an easy way of saying: Continuous Positive Airway Pressure



A CPAP machine helps you to breathe when you are sleeping.



This leaflet tells you how to use the water tub with your CPAP machine.

How to look after your water tub



You will need a water tub if your CPAP machine gives you a dry nose and a dry mouth.



You need to change the water in the water tub **every day**.



You need to clean your water tub **every week**.

Changing the water in the water tub every day



You need to change the water in your water tub every day.



You need to fill your water tub with water that has been boiled in the kettle and then left to go cold.

Getting the water ready to fill up your water tub



Fill up the kettle with cold water from the tap.



Plug the kettle into the wall and press the switch to turn it on.



Let the water in the kettle boil and then leave it to go cold.

(This can take up to 2 hours).



Use this water to fill your water tub.

Emptying the water tub



Turn off your CPAP machine.

Wait until the water in the water tub is cold.
(This can take up to 2 hours).



You need to take the water tub off the CPAP machine.

Read the instructions from your CPAP machine to find out how to take your water tub off the CPAP machine.



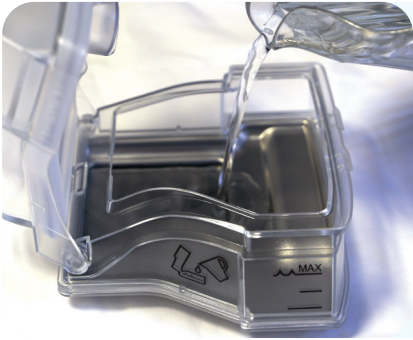
Take the water tub to the sink.



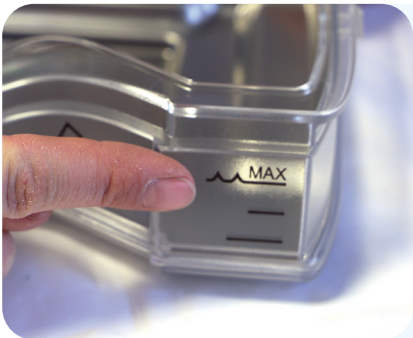
If your water tub has a lid, open this first.

Pour the water away into the sink.

Filling up the water tub



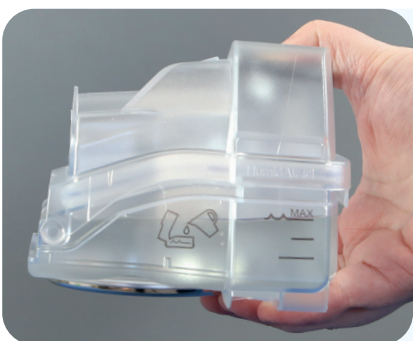
Pour boiled water that has gone cold from the kettle into the empty water tub.



Stop filling up the water tub when the water is up to the line on the side that says 'MAX'.



If your water tub has a lid, push the lid of the water tub down until you hear a 'click' noise.



Carry the water tub back to the CPAP machine.



Put the water tub back onto the CPAP machine.

Read the instructions from your CPAP machine to find out how to put your water tub back onto the CPAP machine.

Cleaning the water tub



Put 3 small drops of washing up liquid in a washing up bowl with some warm water (not hot).

Mix the water to make bubbles.



If your water tub has a lid, open this first.

Wash the water tub in the bubbly water.



Wash away the bubbles with water by holding the water tub under the tap.



Leave the water tub to dry.

Changing the heat setting for the water tub



There is a round dial on your CPAP machine.

You can change the heat setting for your water tub on your CPAP machine by using this dial.

Read the instructions from your CPAP machine to find out how to use the dial to change the heat setting.



If your nose and mouth are still feeling dry, you can turn up the heat setting on your CPAP machine.



If there is water in your mask or tube, you can turn down the heat setting on your CPAP machine.

Keeping you safe and healthy



If you do not use your CPAP machine your sleep problems will not get better.



If you do not use your CPAP machine you could get very poorly.

You could have problems with your heart or your blood.

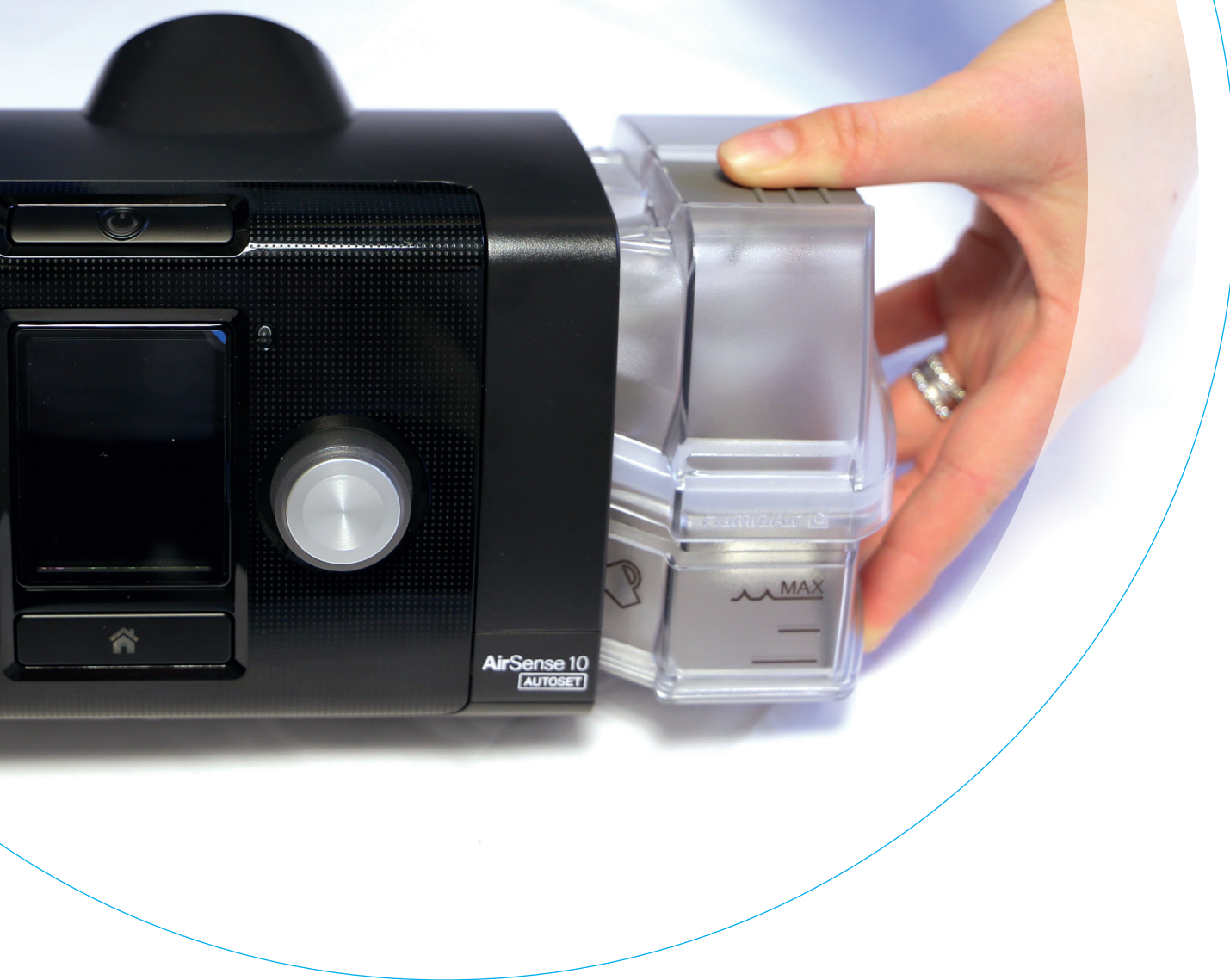


Your CPAP machine keeps you healthy and helps to stop you from dying too young.



You must keep using your CPAP machine to stay safe and healthy.

If you have any problems, speak to your healthcare staff straight away.



If you have any questions or need any more help, speak to your Healthcare Professional.

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**ENHANCING
LIVES**