

Department of Veterans Affairs
South Texas Veterans Health Care System
Audie L. Murphy Memorial Hospital
(210) 617-5300
CPAP/BIPAP/ASV Machine Cleaning and Maintenance Suggestions

1. Unplug your CPAP machine from its power source, as there may be a danger of electrical shock if you do not.
2. Remove your mask from the CPAP tubing. If your mask has a headgear, remove or detach it. If there are other pieces that are easily removed/reattached, these also can be separated.
3. Remove the CPAP tubing from any connectors, the humidifier, or from the CPAP machine itself, if it connects directly.
4. Remove the water chamber from the humidifier unit of the CPAP machine, and separate it into its pieces (if this is easily done).
5. Take a soft cloth and wet it with water. Gently wipe down the external surface of the CPAP machine. (Again, make certain it is unplugged while cleaning.)
6. Fill a small sink, tub, or basin with warm soapy water.
7. Submerge the mask, headgear, tubing, and any connectors in the water. Allow it to soak for a short period of time (about 20-25 minutes). Alternatively, wipe out the mask with a soft cloth or antibacterial wipes. Rinse water through the tubing until water runs clear. Allow everything to air dry away from direct sunlight. These items should be cleaned at a minimum of once a week.
8. The humidifier should be emptied daily and allowed to air dry.
9. Finally, after everything has been allowed to air dry, reassemble the various parts. Apply the headgear to your mask, hook the mask back onto the tubing and any connectors, and connect the tubing back to the humidifier or directly to the CPAP machine. Turn the machine on briefly and listen for any air leaks that weren't there previously.

TIPS TO KEEP CPAP/BiPAP/ASV CLEAN

1. It is important to keep your equipment clean.
2. If you have been sick recently, clean your equipment more often.
3. Remember to always follow the advice of your health care providers.
4. Never use any perfumes or cleaning solutions other than gentle soap on your equipment.

Device Name: _____ Mask Name: _____ Appointment Date: _____