



What is BiPAP?

BiPAP, or Bi-level positive airway pressure, is a type of non-invasive ventilation that can help support breathing. This device delivers two pressure levels: a higher pressure when you inhale (breathe in) and a lower pressure when you exhale (breathe out). A doctor determines the pressure settings. The higher pressure when breathing in will give you a larger breath than you could take on your own.

Polysomnography (PSG)

An overnight study in a sleep laboratory may be recommended. This test is called a polysomnography or PSG. Wires are attached to your body to monitor your breathing and sleep. This test provides information about your breathing while you sleep and can identify the best pressures to set on your bi-level device. A sleep doctor reviews the overnight study.

Saskatchewan Aides to Independent Living (SAIL) Respiratory Equipment Program

In Saskatchewan, we are fortunate to have the SAIL Respiratory Equipment Program, which loans a selection of respiratory equipment to eligible residents of Saskatchewan. The program also looks after repairs to loaned equipment.

Bi-level flow generators (or BiPAP devices) are included under this program. You are responsible for the cost of consumable supplies, such as the mask and tubing, used with loaned equipment. If you have extended medical insurance, it may help cover some of the costs.

Contact the SAIL Respiratory Benefits Depot at **306-655-2505** if you have questions about the delivery of loaned equipment, or to make an appointment for repairs.

Masks

SAIL does not provide a mask for you. You must purchase a mask through a home oxygen company or CPAP/BiPAP supply company. Please call the store before you visit, as some require you to book an appointment for a mask fitting. Contact the ALS Society about their Respiratory Equipment Assistance Program if you are a member at **639-590-4100**.

Taking your BiPAP device to the store for a mask fitting is helpful. This will help determine if the mask you choose will seal with your prescribed pressure. A mask that fits well is important.

There are 3 types of masks: nasal pillows, nasal, or full face masks.

Tips for mask fitting:

- Do not be rushed when having a mask fitting.
- Lay back and change positions to allow the mask to adjust properly.
- Try on the mask with your BiPAP device attached.
- Make sure the headgear is easy for you to use.
- Inquire about a trial period for a new mask.





Humidity

Your lungs need warm, moist air to work properly. The BiPAP device blows cool, dry air, which can irritate the airway. This can result in a dry or stuffy nose, a dry throat, excessive sneezing, nasal drip, running eyes, sinus headaches, and even nosebleeds. It is important to add this warmth and moisture with the BiPAP humidifier to reduce these symptoms.

Start with the humidifier at the factory setting. If you notice the symptoms underlined above, turn up the humidity level. If you have moisture on your face or your mask becomes damp, decrease the humidity level. If you are not sure how to change the humidity level, refer to the manufacturer's User Guide.

Fill the water tub with distilled water only. Empty the water tub and refill with fresh distilled water every night.

Caring for your Equipment

It is very important to clean your equipment regularly for optimal therapy and to prevent germ growth that could affect your health.



**NEVER CLEAN YOUR EQUIPMENT
IN THE DISHWASHER**

DAILY	Wipe the mask surface every morning with a damp washcloth to remove facial oils. Change the water in the water tub.
WEEKLY	Wash the mask/headgear, tubing, and water tub in warm soapy water once a week. Use mild liquid detergent. Do not use anti-bacterial soap or soap with moisturizer or lemon oils. Rinse well and air dry only. Avoid sunlight.
EVERY 3 MONTHS	Change the air filter in your BiPAP device every 3 months. Filters can be purchased at your CPAP/BiPAP store or online.
	DO NOT WASH AND REUSE FILTER.
EVERY 6 MONTHS	Replace the mask cushion.
REGULARLY	Inspect the water chamber, tube, and mask for damage and replace as needed.

See the Manufacturer's User Guide for more information.

Download Reports/Airview™

A download is a review of therapy data from your BiPAP device. This is done either in person or via Bluetooth using AirView™. A healthcare provider can use Airview™ once consent is obtained, either in writing or verbally. This is part of the ongoing assessment by a specialized respiratory therapist. A download/Airview™ should be reviewed shortly after initiating therapy and at your ALS/MND Clinic visits.

Contacts

ALS/MND Clinic Respiratory Therapist: 306-655-3848

SAIL: 306-655-2505

ALS/MND Clinic Nurse: 306-655-7710

ALS Society: 639-590-4100





TROUBLESHOOTING COMMON PROBLEMS

Dry Nose

- Use a heated humidifier (consider adding temperature-controlled tubing).
- Check that your mask fits well.
- Talk to your pharmacist about using a nasal spray/rinse.

Nasal Congestion

- Use a heated humidifier. Try different settings.
- Discuss treatment of allergies, sinusitis, or rhinitis with your doctor.
- Consider using a full face mask if you have nasal blockages such as polyps or old fractures.
- During colds or flu, you may be unable to tolerate BiPAP for a short time.

Sore or Red Areas

- Check that your mask fits well.
- Adjust your headgear. It should be tight enough to make a seal without large leaks or pain. Do not over-tighten headgear.
- Any marks left by the mask should disappear shortly after removing the mask.

Mask Leak

- Check that your mask fits well.
- Adjust as needed for changes in sleeping position.
- Adjust your headgear. It should be tight enough to make a seal without large leaks or pain. Do not over-tighten headgear.
- Make sure mask and equipment are cleaned regularly.
- Consider trimming/shaving facial hair for a better seal.
- Avoid using oily creams on the face.
- A small leak is acceptable unless air is blowing into your eyes.

Mouth Leak

- Usually, the pressure of BiPAP will cause you to keep your mouth closed. If you open your mouth at night, you will wake up with a dry mouth.
- Add a chin strap (available at the CPAP/BiPAP store). It may help to keep your mouth closed.
- Use a heated humidifier.
- Consider trying a full face mask.

Removing the Mask at Night

- It is normal sometimes to remove your mask in your sleep, but the goal is to wear it all night.
- Removing the mask unconsciously while you sleep may be a sign that you are not getting enough pressure with your BiPAP. If this happens, discuss pressure-setting changes with your care team.
- Use a heated humidifier.
- Add a chin strap.
- Use the mask for short periods of time and gradually increase times as you adjust to your mask and therapy.
- Try to use mask consistently.





Saskatchewan CPAP/BiPAP Supply Companies

Estevan

Careica Health*
#8A—461 King Street, Estevan
Phone: 306-636-2727

Lloydminster

Careica Health*
#107 - 3704 51st Avenue,
Lloydminster
Phone: 780-701-4531

Moose Jaw

Careica Health*
#4 - 825 Thatcher Drive East,
Moose Jaw
Phone: 306-693-2727

North Battleford

Careica Health*
1225 A 100th Street, North
Battleford
Phone: 306-937-7766

Prince Albert

Careica Health*
#1C—598 15th St E, Prince Albert
Phone: 306-764-1270
Prairie Oxygen
665 15th Street West, Prince Albert
Phone: 306-763-0355
Toll-free: 1-877-738-8702

Regina

Careica Health*
311 12th Ave E, Regina
Phone: 1-855-672-6262
Careica Health*
#2—3850 Green Falls Drive, Regina
Phone: 306-522-0388
Medigas*
597 Henderson Drive, Regina
Phone: 306-721-2380
Prairie Oxygen
432 McDonald Street, Regina
Phone: 306-545-8883
Toll-free: 1-877-738-8702

Saskatoon

Careica Health*
#105 - 2100 8th Street East,
Saskatoon
Phone: 306-651-0177
Careica Health*
3122 Millar Avenue, Saskatoon
Phone: 306-651-0177
Medigas*
Unit G - 2301 Millar Avenue,
Saskatoon
Phone: 306-242-3325
Prairie Oxygen
#3 – 2210 Millar Avenue, Saskatoon
Phone: 306-384-5255
Toll-free: 1-877-738-8702
Saskatoon CPAP Services
#202 - 610 Queen Street, Saskatoon
Phone: 306-974-0030
Saskatoon CPAP Services
#47—2105 8th Street, Saskatoon
Phone: 306-974-0030

Swift Current

Careica Health*
#1 - 2021 Saskatchewan
Drive, Swift Current
Phone: 306-773-2663
Medigas*
78 5th Avenue, Swift
Current
Phone: 1-866-446-6302

Yorkton

Parkland CPAP
226 Broadway Street West,
Yorkton
Phone: 306-783-9888
SCS CPAP Services
9 5th Avenue North,
Yorkton
Phone: 306-783-0034

*By appointment

