

# Your appointment for a CPAP machine to treat obstructive sleep apnoea (OSA)

Respiratory Physiology unit

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Information for Patients

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## What is a CPAP machine?

Your doctor has asked us to treat you with a continuous positive airway pressure machine (CPAP). This is a medical treatment that helps you with your breathing while you are asleep. You use a mask and a machine known as a CPAP. The CPAP pushes air into your airways and lungs. This helps to hold your airway open while you are asleep.

## Why do I need it?

CPAP is a treatment for Obstructive Sleep Apnoea (OSA). This is where your airway closes down while you are asleep, reducing or stopping the airflow to your lungs. This can affect your sleep pattern. It can make you sleepy and lacking in energy in the daytime.

## What will happen at my appointment?

- Your appointment will be in the Respiratory Physiology Unit, located at the south entrance of Glenfield hospital.
- You will be shown into a room where you will be seen by a physiologist.
- If you had a sleep study before, the physiologist will explain the results and why CPAP is needed.
- You will then be shown the CPAP machine and how it works.
- You will be fitted with a mask that delivers the air from the CPAP to your airways.
- The CPAP will be switched on so you can feel the air coming from the machine.
- You will be shown how to switch the machine on and off.
- You will be given leaflets with our contact details on so you know how to get in touch if you have any questions.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## An example of a CPAP machine

- This is a picture of a typical home CPAP.
- It needs to sit on a bedside cabinet or table next to your bed and be plugged into the mains electricity.
- The CPAP will be given to you on a long-term loan basis. It remains the property of the hospital.
- It is your responsibility to use as advised and keep it in good condition and return when no longer used.



## What are the masks like?

- Please make sure that any facial hair is removed before the appointment unless you are not able to do so due to medical or religious reasons.
- Please do not use any lotions on the skin.



## What happens next:

You will also be given an in person or telephone appointment booked for 4 weeks time in order to review your progress with the CPAP.

## Contact details

Respiratory Physiology Unit

For appointment queries: 0116 258 3420

For equipment or mask queries: 0116 258 3419

For non-urgent equipment or mask queries: email: [RPUsupport@uhl-tr.nhs.uk](mailto:RPUsupport@uhl-tr.nhs.uk)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
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