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How to use a DreamStation ventilation machine to help with your breathing

Respiratory Physiology Unit

Information for Patients

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What is a DreamStation?

Your doctor has asked us to treat you with non-invasive ventilation. This involves using a piece of equipment, called a ventilator, to help your breathing. The ventilator you have been given is called a DreamStation.



Getting started

The DreamStation works on mains electricity and does not have a battery back-up. The mains cable plugs into the green port on the left-hand corner at the back of the ventilator.

How to switch it on

Make sure that the ventilator is plugged into the mains electricity. Press the large on or off button on the top of the ventilator. This will start the treatment.

How to switch it off

Press and hold the large on or off button on the top of the ventilator for 2 seconds, this will stop the treatment.

Ventilator alarms

If the alarm sounds, a message will pop up on the screen explaining why. Please read the message and where possible do something to sort out the issue.

You can stop the alarm for 1 minute by pressing the control dial on the front of the machine.

This will give you time to find the problem. You can clear the message by pressing the control dial again. When the mask does not have a snug fit around the face and air gets out, you will most likely hear an alarm. You will see a message pop up on the screen saying, “patient disconnect” or “low pressure”.

To stop the alarm, move the mask to make sure there is no leak. If you cannot fix the alarm, please take note of what the message says on the screen and phone the department for help.

Checking the filter



There is a reusable blue filter in the ventilator, pictured here. This can be found under the panel on the right-hand side of the ventilator. This traps dust and pollen particles. You should rinse this once a month. Every 30 days a message will display on the screen to remind you. This does not mean that the filter is blocked or faulty. Please call the department if the filter is still dirty after washing as you may need a replacement.

Adding oxygen through the ventilator

Some patients may need to use oxygen while using the ventilator. If you have been asked to use oxygen through the ventilator, you should connect your oxygen tubing to the circuit using a pressure valve, given to you by the department. Do not leave the oxygen coming out of the ventilator if the machine is not in use. Always turn off the oxygen when switching off the ventilator.

Please note: You should only use extra oxygen through the ventilator if your doctor has told you to do so.

How to use the humidifier

Some patients need to use a heated humidifier with their ventilator. Not everyone needs a humidifier, but if you have 1, always stop the ventilator before taking out or fitting the humidifier. You will need 2 parts, the heated humidifier and the water chamber.

Fitting the heated humidifier

The heated humidifier you have been given fits onto the back of the ventilator.

- Make sure the water chamber is empty.
- Line up the back of the ventilator with the front of the heated humidifier (make sure the 2 air ports are lined up).
- Slide the 2 units together until they click into place.

Filling the humidifier chamber

To fill the humidifier,

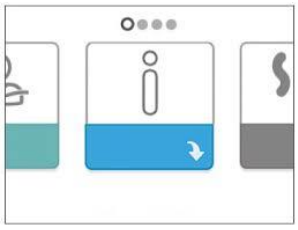
- First switch off the ventilator, slide the humidifier release latch forward and lift up the lid until it is completely open.
- Remove the chamber by grabbing both sides and lifting out of the base.
- You should fill it to the top of the fill line with cool boiled or sterile water.
- Carefully put the water chamber back into the humidifier unit and close the lid again until it clicks shut.

The humidifier will automatically switch to ON when the heated humidifier unit is joined to the ventilator.

Please note: Once filled with water the ventilator should not be moved. Water may splash into the inside of the ventilator and cause the ventilator to stop working.

Preheating the humidifier

When using a humidifier, the ventilator can preheat the water chamber for up to 30 minutes before you switch the ventilator on.



To turn on, the ventilator must be off and a humidifier filled and attached.

1. Press the control dial on the front of the ventilator to bring up the home screen pictured here.
2. Scroll clockwise 1 click to the preheat symbol. 
3. Press, turn to select on and press again, this will warm the water for about 30 minutes.

Changing humidifier settings for comfort

There are 5 settings to set the level of moisture you get from the humidifier.

1 is the lowest (most dry) setting, 5 is the highest (most moist) setting.

You can change the heat setting while the ventilator is switched on and air is coming out.

1. Turn the control dial on the front of the ventilator anti-clockwise, to start up the settings.
2. Turn the control dial to reach the new number (1 to 5) and press again to save.
3. The humidifier setting number shows in the bottom right-hand corner of the screen.

How to clean the humidifier

Always take out the water chamber and empty out any water that is still in there after each use. Also wipe around the soft plastic seal on the inside of the lid.

At least once a week, clean the water chamber using warm water and a mild detergent or wash in the dishwasher (top shelf only).

If you see any lime scale in the humidifier, you can dissolve it by soaking the chamber in lemon juice and water for 30 minutes. Do not use any other products that get rid of scale (descaling products).

Contact details

If you have any problems or concerns please call the respiratory physiology unit:

For respiratory physiology appointments: call **0116 258 3420**

For equipment or mask: call **0116 258 3419**

If your question is not urgent, please email: uhl-tr.RPUSupport@nhs.net

Please note: we do not work on weekends or overnight.

If the equipment fails, you may phone the respiratory support team on a weekend and bank holidays from 8am to 6pm on **07977 582194**.

At night, you can leave the message on the answer machine on **0116 258 3419** and we will get back to you as soon as possible.

As you need to use a medical device overnight, you are eligible to register for the national grid's priority services register. You do this by going online to: www.nationalgrid.co.uk/customers-and-community/priority-services/priority-services-register/

Being on the register allows closer contact with you regarding power cuts. This is 24 hours a day, so they will call anytime if there are power cuts in the local area.

You can report a power cut by calling **105** or **0800 6783 105.**

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

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If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

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