

# Your appointment for a non-invasive ventilator to support your breathing

Respiratory Physiology

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Information for Patients

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## What is a ventilator?

Your doctor has asked us to treat you with non-invasive ventilation (NIV). This is a medical treatment that helps you with your breathing. You use a mask and a machine known as a ventilator. The ventilator pushes air into your lungs with a set (prescribed) amount of pressure. This helps to inflate your lungs and reduce the amount of effort needed to breathe.

## Why do I need it?

Some medical conditions can cause 'under-breathing'. This may lead to respiratory failure where you do not always breathe quickly or deeply enough, especially when you are asleep. This causes your oxygen level to fall and your waste gas (carbon dioxide) to rise. This can make you sleepy and lacking in energy in the daytime. This may also cause morning headaches.

## What will happen at my appointment?

A respiratory physiologist, specialist nurse or physiotherapist who specialises in ventilation will see you:

1. If you have not had a blood test recently, we will need to take a small sample of blood from your earlobe. This will tell us your carbon dioxide level.
2. They will show you the ventilator machine and how it works.
3. They will fit you with a mask that delivers the air from the ventilator to your lungs.
4. They will switch on the ventilator so you can feel the air coming from the machine. They will then set the correct level of air to your breathing pattern.

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

Visit [www.uhleicester.nhs.uk](http://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](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

5. They will show you how to switch the machine on and off.
6. They will give you information leaflets with our contact details on. This is so you know how to get in touch if you have any questions.
7. They will tell you how much you need to use the ventilator when you are at home.

## An example of a ventilator

- This is a picture of a typical home ventilator.
- You will need to sit it on a bedside cabinet or table next to your bed.
- You need to plug it into the mains electricity.
- We will give you the ventilator on a long-term loan basis. It is still 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?

The air you need to breathe in from the ventilator flows down the tubing into the mask you wear. There are different types of masks. During your appointment we will explain all the different masks. We will measure your face to find the best mask for you. The picture below shows different masks. Some fit over the nose and mouth, others just over the nose.



## How long will the appointment take?

You will be in the department for between 1 to 2 hours.



## Can I bring someone to the appointment with me?

Yes, you can bring someone with you.

You may like to bring your partner, relative or friend with you.

You will need to be able to carry a bag containing the ventilator and mask away with you. Many patients prefer to bring someone with them for this reason.

Please only bring 1 person with you if possible as we are limited on space. If you feel you need to bring more than 1 person with you then please ring the department first to check that we can manage this.

You can come to the appointment on your own.

## Contact details

If you have any questions or concerns before your appointment please contact the Respiratory Physiology Unit.

To change appointment time or cancel appointment: **0116 258 3420**

For enquiries about your appointment or treatment: **0116 258 3419**

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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](mailto:uhl-tr.equalitymailbox@nhs.net)