

# How to use a S10 or S11 CPAP machine (children or young people)

Children's Respiratory Physiology

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Information for children

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## Introduction

We have given you a continuous positive airway pressure (CPAP) machine to use while you sleep.

The machine will give you some air using a mask. This air may help you stop snoring or having trouble breathing whilst you sleep.

You should look after your machine and use it as much as possible.



## What is it like to use CPAP?

When you first use your CPAP machine, it may feel funny to breathe or talk. This is normal and you should get used to it.

Do not worry if you cannot use it all night straight away. It may take a few weeks or months to get fully used to it.

If you wake up during the night, you can take the mask off and turn your machine off. But you should try and put it back on if you are going back to sleep.

Once you are using your CPAP machine, you may have more energy and wake up feeling better than you did before.

Your machine will be put beside your bed when you use it. But you will have a bag that can be used to keep it in if you do not want other people to see it.



**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)

## How to set-up my CPAP

You will need:



Power Cable



Tube



Mask



CPAP Machine

To set it up:

Your tubing fits into the back of your CPAP machine.



Your power cable fits into the hole at the bottom on the back of your CPAP machine.



The other end of your tubing should fit into your mask.

The CPAP machine will need to be close to your bed so that the tubing can reach your mask. It should not sit over your head.

## Starting your CPAP

1. Put on your mask. You may need an adult or a mirror to help you.
2. Press the start/stop button to start your CPAP.
3. Press the start/stop button to stop your CPAP.

Press this button to start and stop your CPAP.



Once you stop your CPAP. It will show you how long you used it for and how well your mask fit.

If you see a green face, that means your mask fit well last night.

If you see a red face, you may want to ask an adult to check how your mask was fitting.



## Water chamber

Sometimes we may give you a water chamber to make your CPAP machine more comfortable. You should check with an adult if you need help to use this.

If you are moving your CPAP machine, you should take the water chamber out.

### To set up the water chamber:

1. Take off the right side of your CPAP machine.
2. Open the water chamber and fill it with cool boiled water.
3. Close the water chamber and put into the right side of your CPAP machine.





## Cleaning

### Daily:

Every morning you should wipe down your mask. You can use a wet/baby wipe or a damp cloth. Do not use any cleaning products.

### Weekly:

You can clean your CPAP tube by placing it in a bowl of warm water with washing up liquid in. Keep it in the bowl for 10 minutes. Then rinse it well with cold water making sure all the bubbles have gone away. Check with an adult if you need help to do this.

## Do I need to bring the CPAP with me to hospital appointments?

You should bring your CPAP machine to your hospital appointments when you are going to talk about your sleep and CPAP machine. This may be with the doctor, nurse or physiologist.

If you need to stay at hospital overnight, you should take your CPAP and let the nurse on the ward know you have a CPAP machine. They will tell you if you need to use it.

## What if I am going on holiday?

You can take your CPAP on holiday with you. If you are going on an aeroplane, this will come onto the aeroplane with you. Your adult should call the hospital and we can give you a letter to help you do this.

## Contact details

Childrens Respiratory Physiology, Childrens Development Centre, Ground Floor, Windsor Building, Leicester Royal Infirmary, Monday to Friday, 8am to 4:30pm on **0116 258 5691**.

Please arrange an appointment before attending.

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