

For good follow-up care, you should expect:

- › to get a follow-up call within 1 week of starting CPAP to make sure you are doing well with the therapy.
- › to meet with your provider within 1 month of starting CPAP to check that your mask fits and that you are adjusting well to the therapy. To check your progress, your provider should download your machine data.
- › to get help from your provider if you have problems with your therapy at any time, or until you are satisfied.
- › to visit your provider each year to check on your progress.
- › to have **all information about your progress shared with your primary health care provider.**

What are your questions?
Please ask a member of your
health care team.
We are here to help you.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more: <https://library.nshealth.ca/patient-education-resources>

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Choosing a CPAP Provider

When choosing a CPAP provider, remember:

- Choose a provider nearby. This will make it easier to get to follow-up appointments and get your supplies faster.
- There should be registered Respiratory Therapists available to give instructions and follow-up care.
- There should be after-hours help available by phone if your machine stops working or is not working well.
- Your provider should give you warranty information for your equipment.

Starting CPAP

A good provider will:

- › explain what Obstructive Sleep Apnea (OSA) is.
- › explain why CPAP helps treat OSA.
- › give instructions and information for you to take home to review, as needed.
- › contact you within 2 days of receiving the faxed prescription from your primary health care provider (family doctor or nurse practitioner).
- › start a testing period with CPAP within 3 weeks of contacting you (unless you are not available within those 3 weeks).
- › give home CPAP testing for at least 1 month.
- › help answer questions about insurance claims and payment options.
- › give you rental options.

CPAP equipment

- CPAP equipment should have built-in software that gives information about how well the machine is working for you. This is called **compliance data**.
- **CPAP pressure should only be set according to your doctor's prescription.**
- Different types of masks (including nasal masks, nasal pillows, and full-face masks) should be offered, unless a specific mask has been prescribed by your sleep doctor.
- CPAP masks and headgear should be carefully fitted and loaned until a suitable and comfortable mask is found.
- **CPAP pressure changes must only be made with a prescription from your doctor.**
- Heated humidifiers should come with your CPAP equipment.
- Chin straps should be available, if needed.