

## 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 make sure that your mask fits well 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.  
We are here to help you.

### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

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# Choosing a CPAP Provider

## When choosing a CPAP provider, remember:

- Choose a provider close by. This will make it easier to attend follow-up appointments and get your supplies faster.
- Registered Respiratory Therapists should be on staff to give instructions and follow-up care.
- If your machine stops working or is not working well, after-hours help by phone should be available.
- 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 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.**
- A variety 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.