



Information for parents

# Continuous Positive Airway Pressure (CPAP)

A CPAP is used if bub has Obstructive Sleep Apnoea (OSA) or other breathing problems. The doctor will yarn to you about OSA.

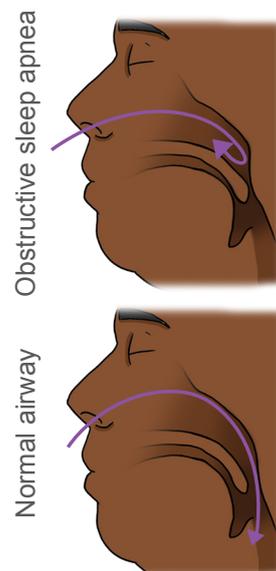
CPAP does not heal OSA, but it helps with symptoms.

The CPAP machine or pump creates some pressure to keep bub's air tubes (airways) open when they sleep. Bub will need to wear the mask over their nose.

The Respiratory or Sleep Doctor will yarn with you about:

- bub's OSA
- bub's treatment plan
- how long bub may need to use the CPAP.

**Perth Children's Hospital will loan CPAP equipment for free. Please look after the CPAP as other children will need to use it after bub no longer needs it.**

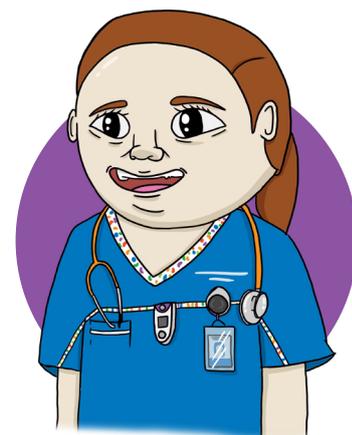


## Getting started

- An appointment will be made with the CPAP Clinic at the hospital.
- Bub will be fitted with a mask and the nurse will talk to you about using CPAP.
- You will be asked to take the mask home and have bub wear it every now and again. This helps **bub get used to the mask**, before CPAP therapy starts.
- Have bub put the mask on as part of the bedtime routine - at first bub may not like it as it may feel funny. Bub may need your help to keep trying it. Bub will usually slowly get used to it. If you have any problems, please yarn to your doctor or nurse.
- CPAP should be **used all night every night**. If not, bub may not be able to breathe properly.

## When to call us

- If bub is unwell - vomiting, with a cold or flu and unable to use their CPAP machine.
- If the CPAP machines not work or mask not fitting.



## Follow-up appointments

Once they are on CPAP, bub will have regular follow-up appointments with the CPAP Clinic.

- Please **bring** all your **CPAP equipment** to **each appointment** to be checked so the hospital can make sure it is working and the mask fits bub properly.

## Contacts

PCH Respiratory and Sleep Medicine Department - Respiratory Support Nurse.

Monday – Friday 8.00am to 4.00pm

Phone: 6456 0217

## After hours urgent concerns

Phone the Perth Children's Hospital on 6456 2222 and ask for the Respiratory Doctor.



Government of **Western Australia**  
**Child and Adolescent Health Service**

### **Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Respiratory and Sleep Medicine / Social Work

Ref: 1243.1 © CAHS 2021

**This document can be made available in alternative formats on request for a person with a disability.**

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