

Travel insurance

Name:

Address:

Zip Code:

Country:

Date of Birth:

Medical device for respiratory therapy
Medisch hulpmiddel voor ademtherapie
Dispositif médical de thérapie respiratoire
Medizinisches Atemtherapiegerät
Producto sanitario de terapia respiratoria
Dispositivo medico per la terapia respiratoria
Dispositivo médico de terapia respiratória

Type:

Serial Number:

Humidifier:

Mask type:

EN

Note and Certificate

This document confirms that this unit is a medical respiratory therapy device prescribed by a physician. The owner needs the device and its accessories to treat his sleep related respiratory disorders or respiratory failure. The medical device for respiratory therapy is used during the entire time the patient is asleep. Even during pre and post surgery sedation, sedation during an intensive medical treatment or if the patient is unconscious as a result of an accident, his breathing should be monitored constantly and treated with the medical device.

PAP.
VIVISOL.NL

Website for all
information about
sleep apnea



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NL

Aanwijzing en verklaring

Hiermee wordt bevestigd dat dit apparaat een door een arts voorgeschreven medisch ademtherapie/apparaat is. De bezitter ervan heeft het apparaat en de accessoires nodig voor de behandeling van zijn aan slaap gerelateerde ademhalingsstoornis of respiratoire insufficiëntie. De overdruktherapie wordt tijdens de gehele slaapduur toegepast. Ook tijdens een pre/ of postoperatieve sedatie, een sedatie in het kader van rekenintensieve medische behandeling of bewusteloosheid na een ongeval moet de ademhaling permanent worden bewaakt en met de ingestelde drukwaarden worden behandeld.

FR

Remarque et Certificat

Le présent document certifie que cet appareil est un dispositif médical de thérapie respiratoire délivré sur prescription du médecin. Le détenteur a besoin de ce dispositif et de ses accessoires en vue du traitement de ses troubles respiratoires du sommeil ou de son insuffisance respiratoire. Le dispositif médical de thérapie respiratoire est à appliquer pendant toute la durée du sommeil. Dans le cas d'une sédation pré et post opératoire, d'une sédation survenant dans le cadre d'un traitement médical intensif ou d'une perte de connaissance après un accident, la respiration du patient nécessite également une surveillance constante et un traitement thérapeutique assurés à l'aide du dispositif médical.

DE

Hinweis und Bescheinigung

Hiermit wird bestätigt, dass dieses Gerät ein ärztlich verordnetes, medizinisches Atemtherapiegerät ist. Der Besitzer benötigt das Gerät und das Zubehör zur Behandlung seiner schlafbezogenen Atmungsstörung bzw. Respiratorischen Insuffizienz. Das medizinische Atemtherapiegerät wird während der gesamten Schlafdauer angewendet. Auch während einer pre- und postoperativen Sedierung, einer Sedierung im Rahmen einer intensivmedizinischen Behandlung oder einer Bewusstlosigkeit nach einem Unfall sollte die Atmung ständig überwacht und mit dem medizinischen Gerät therapiert werden.

ES

Aviso y Certificado

Por la presente se acredita que este aparato es un producto sanitario de terapia respiratoria utilizado por prescripción facultativa. El usuario necesita el aparato y los accesorios para el tratamiento de su trastorno respiratorio o insuficiencia respiratoria relacionados con el sueño. El producto sanitario de terapia respiratoria se utiliza durante todo el tiempo que el paciente está durmiendo. Es preciso vigilar constantemente la respiración y utilizar el producto sanitario, incluso durante una sedación preoperatoria y postoperatoria, una sedación en el marco de un tratamiento medica intensivo o una pérdida de consciencia después de un accidente.

IT

Avviso e Certificazione

Si certifica che questo è un apparecchio medicale per terapia respiratoria prescritto dal medico. Il possessore necessita dell'apparecchio e dell'accessorio per curare i propri disturbi respiratori del sonno o di insufficienza respiratoria. Il dispositivo medico per la terapia respiratoria viene utilizzato per l'intera durata del sonno. Anche durante una sedazione pre- o postoperatoria, una sedazione nel quadro di un trattamento medico intensivo o in caso di perdita di coscienza in seguito a incidente, la respirazione deve essere costantemente controllata e sottoposta a trattamento mediante il dispositivo medico.

PT

Observação e Atestado

Pelo presente certifica-se que, este aparelho é um dispositivo médico respiratório prescrito por um médico. O doente necessita do dispositivo e seus acessórios para o tratamento de patologia respiratória ou insuficiência respiratória relacionadas com o sono. O dispositivo médico de terapia respiratória é usado durante todo o período de sono. Mesmo durante a sedação pré e pós-operatória, no âmbito de um tratamento médico intensivo ou em caso de perda de consciência na sequência de acidente, a respiração deve ser monitorizada continuamente e tratada com o dispositivo médico.

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MY PERSONAL SETTINGS

My VIVISOL login code*:

Start date:

Diagnosed AHI:

Pressure:

Hospital:

Doctor's name:

Town/city:

Telephone number:

*You can request this login code from us.

**Live more
of your day**

**PAP.
VIVISOL.NL**

CONTACTING VIVISOL

Visitor's address

Swaardvenstraat 27
5048 AV Tilburg

osas@vivisol.nl

pap.vivisol.nl

OSAS Customer Service

+31 (0)13 523 10 21.

Available from 8:30 AM to 5:00 PM Monday to Friday.

Outside these times, we are only available in case of an emergency.

Planning (appointments)

+31 (0)13 523 10 21 (option 3)

Available from 8:30 AM to 5:00 PM Monday to Friday.

FAQs

Our knowledge bank at pap.vivisol.nl contains a wealth of important information about PAP therapy. The information is divided into different categories.

INTRODUCTION: THE FIRST NIGHT

You have sleep apnea and are about to start PAP therapy. For this, you will use a PAP device. If you use the device correctly, it will help you with effective treatment. This will require perseverance and may sometimes prove tricky, but you will notice that your complaints diminish.

BEFORE THE FIRST NIGHT

When using a mask for the first time, it is important to adjust the head band correctly. You can find an instructional video with an explanation at pap.vivisol.nl.

- Connect the tube to the device.
- Put the mask on.
- Attach the tube to the mask.
- Breathe calmly through your nose, in and out.
- Switch the device on. If your device has an **autostart function**, you don't need to press anything – the device will start automatically when you start to breathe in and out.

You can use the **RAMP function** to help you fall to sleep peacefully. The RAMP function starts the pressure at a low level and increases it gradually to the set pressure. Depending on the device, this can be set automatically or manually.

AFTER THE FIRST NIGHT

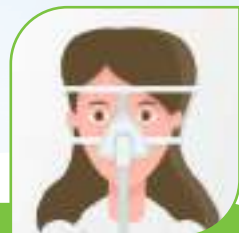
- Switch the device off (if it does not have an **autostop function**).
- Remove the tube from the mask.
- Remove the mask.
- Clean the mask in accordance with the cleaning instructions in this booklet.



Nose mask



Intranasal mask



Full face mask

WHAT IS SLEEP APNEA?

SLEEP APNEA

Sleep apnea is also referred to as OSAS or **Obstructive Sleep Apnea Syndrome**. If you have this condition, your breathing will stop several times while you are sleeping. This is caused by the temporary obstruction of the upper airways.

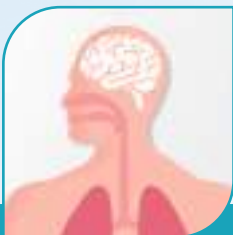
The lack of breathing can cause the oxygen level in your blood to fall. In response, the brain will wake you up, forcing you to breathe normally again. This is called an **arousal**. This combination of a lack of oxygen and arousals not only disturbs your sleep, but also the functioning of your organs, and hormone balance.

An OSAS diagnosis is carried out by means of a sleep study.

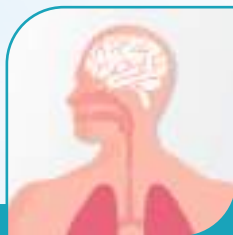
SYMPTOMS

As OSAS can increase the risk of heart and cardiovascular diseases, it is important that you continue your treatment. Many untreated OSAS patients have problems including:

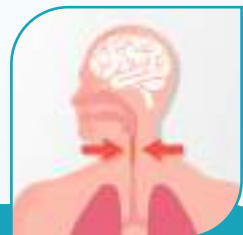
- Fatigue
- Mood swings
- High blood pressure
- Memory problems
- Loss of concentration



Open airways



Constricted airways
Hypopnea



Blocked airways
Apnea

THERAPIES

VIVISOL offers three types of treatment for OSAS:

- **PAP therapy**: A device blows ambient air into the airways at increased pressure, reducing the blockages.
- **Position therapy**: A device is attached around the chest with a strap; the device vibrates to prevent you from assuming a supine position.
- **MRA**: A clamp holds the lower jaw in place so that there can be no closure of the airways while sleeping.

Your doctor will take various factors into account when determining which therapy to recommend. He or she will look at things such as how many times you stop breathing every hour and the number of times you stop breathing in a supine position. With the right treatment, the number of times you stop breathing will reduce and your body will be able to repair. This can take some time and depends on how long you have had OSAS for.

VIVISOL has more than 25 years of experience in the treatment of OSAS. We not only supply the equipment that you need but also support you with your therapy. Our experience shows that the more faith you have in your therapy, the greater its effect will be.

Precautions

There are some lifestyle changes that you can make to relieve your symptoms, alongside your recommended therapy.

- Limit your alcohol consumption.
- Aim to achieve or maintain a healthy weight.
- Quit smoking.
- Limit your consumption of coffee, black tea, and fizzy drinks.
- Keep to fixed bedtimes.
- Design your bedroom for rest.
- Keep your bedroom, mattress, and bed linen free of dust to avoid allergic reactions.

TREATMENT FOR SLEEP APNEA: PAP THERAPY

PAP THERAPY

Your doctor has recommended PAP therapy. PAP stands for **Positive Airway Pressure**. A PAP device blows ambient air into the airways at increased pressure. This will require a mask that fits your face comfortably. The increased air pressure will reduce the constrictions in your airways, thereby reducing the number of times that your breathing stops.

There are three types of PAP therapy: **CPAP**, **APAP**, and **BI-PAP**. The difference between the three is in the pressure setting of the equipment. Your doctor will choose the therapy that is most suitable. You can find further information about these three types at pap.vivisol.nl.

The PAP equipment will measure the number of remaining apneas and the hours that you sleep. These data can be read out from the device itself and in a report. The doctor will use the report to determine if the set pressure is suitable for reducing the number of apneas. He will also take into account your experience to decide if the therapy is having the desired effect.



webshop.vivisol.nl

That little bit extra for your therapy.



COMFORTABLE MASKS

Do you need a spare mask? Our online store has a wide range of nose masks, full face masks, and intranasal masks. We also have special masks designed for narrower faces.



TAKING YOUR PAP DEVICE TRAVELLING

Our online store has everything you need to make travelling with your device more enjoyable, including a travel PAP, extra batteries, and spare parts.



HEATED TUBES AND SLEEVES

A heated tube or tube sleeve helps to stop condensation forming in the tube, preventing water from collecting.



PAP PILLOWS AND SLEEVES

The recesses in our special PAP pillows prevent your mask from pressing against the pillow.

Visit webshop.vivisol.nl for practical solutions to make your therapy more comfortable. These include products to help combat pressure points, cleaning agents for your mask, and other solutions for a good night's sleep with your PAP equipment.

THE COURSE OF PAP THERAPY

STARTING THERAPY

At your first appointment, you will receive an explanation of how to use the equipment and accessories. We will also tell you about the service that we provide and what you can expect from us.

SECOND APPOINTMENT

The data will be read out from your device after two to four weeks. We can do this at home, remotely with telemonitoring, or at the hospital during a VIVISOL consultation hour. Your doctor or nurse may read out the data himself or herself. Ensure that you have your device and accessories to hand. Without the device, we will be unable to carry out any checks. The initial period is called the trial placement or titration period. This period is used to adjust the device to your situation and to find out if the therapy is yielding the desired result. This period will last for a maximum of three months.

FOLLOW-UP APPOINTMENTS

We will call you after three months to discuss the progress of your therapy. We will make a follow-up appointment after one year. We will then look at whether the therapy is still yielding the desired result and will carry out a technical check of your device.



Device



Tube



Filters

WHAT YOU CAN EXPECT FROM US

We will work closely with your doctor and, of course, we will treat all of your health data confidentially. We will carefully support you to ensure you use your PAP device effectively, and we impose stringent quality requirements on the equipment that we provide. We offer an all-round service and you can always reach us for assistance or in the event of a fault.

WHAT WE EXPECT FROM YOU

It is important that you use your device whenever you sleep – this includes during the day. Use the device for at least four hours a night, a minimum of five nights a week. This is the official guideline for proper treatment for sleep apnea in adults. Your insurer will only cover the costs of your therapy if you satisfy this guideline.

If you are no longer using your PAP device or want to stop your therapy, please contact your doctor at the hospital. If the hospital informs us that you have stopped your therapy, we will contact you to arrange for the equipment to be returned.

**Live more
of your day**

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USING A HUMIDIFIER

HUMIDIFIER

If you have a dry throat or nose or if your nose is blocked, a humidifier can offer a comfortable solution. A humidifier heats the water, producing water vapour. This increases the humidity of the air. The nebulized air is then blown into your airways via the tube and mask, reducing your symptoms.

WATER

You can use regular tap water in a humidifier. The only drawback to this is the limescale deposits that can form over time. To avoid this, you can use non-carbonated mineral water, boiled water that has cooled, or demineralized water.

If you would like further information about your humidifier, visit pap.vivisol.nl.



CONDENSATION

Using a humidifier can cause condensation to form in the tube. This can result in bubbling noises, and you may get moist air in your face. Condensation forms because the temperature in the tube is higher than the temperature outside. Thankfully, there are ways to prevent this from happening.

Tips for preventing condensation

- Place as much of the tube as possible under a duvet or fleece blanket
- Keep the windows closed.
- Increase the room temperature to between 16 and 18 degrees Celsius.
- Lower the position of the humidifier.
- Raise the lowest point of the tube by using a tube holder so that the tube is suspended at a higher level than the device. This will cause the condensation to run back into the nebulizer or mask.
- Use a tube sleeve or heated tube, but not at the same time. You can purchase these at webshop.vivisol.nl.

Tube sleeves, heated tubes, and tube holders will not be covered by your insurer. They can be purchased online at webshop.vivisol.nl.



Tube sleeve with zip



Heated tube

ORDER A YEAR KIT

Your insurer will reimburse the costs of a year kit every twelve months. The kit comprises a mask, tube, and filter set for your PAP device. You can order these free of charge via My VIVISOL.



Register for My VIVISOL

1. Go to the website mijn.vivisol.nl and click on 'I use sleep apnea equipment from VIVISOL'.
2. Click on 'Forgotten password'.
3. Enter your login code. You can request this from us.
4. Click on 'Send my password'.
5. You will receive an e-mail at your registered e-mail address. Click on the link in the e-mail.
6. Choose a password consisting of a minimum of eight characters, to include at least one lower case letter, one upper case letter, one number, and one special character, such as # or @.
7. You can then use this password to log in to My VIVISOL.
8. You will then be able to see the products that you can order. You can also order your mask, tube, or filters separately from one another.

CLEANING INSTRUCTIONS

MASK MAINTENANCE

During use, the silicone mask insert will become greasy from body greases. This will cause it to lose its sealing function, causing air to escape. It is important that you clean the silicone part of the mask (the mask insert) every day. The body greases and skin acids that are deposited on the material will then have less of a chance of damaging the material. The hard plastic parts of the mask, i.e. the frame, should be cleaned weekly. The fabric head band should be cleaned monthly. You can read more about how to do this below. If you'd like to know more about maintaining your mask, please visit pap.vivisol.nl.

DAILY: the mask insert

- Wet the mask insert under the tap.
- Place some detergent on your fingers and massage it carefully over the insert.
- Rinse off with tepid water and allow the insert to dry.

WEEKLY: the mask frame

- You should clean the mask frame every week with a soft brush and a lather of detergent and water.

MONTHLY: the head band

- The head band should be cleaned monthly with a hand wash of soft soap or mild detergent. Do not put it in the washing machine, as this will damage the hook-and-loop fastener.

FILTER MAINTENANCE

The filters keep out the dust that is suspended in the ambient air and sucked in by your PAP device. It is therefore important to clean them at regular intervals. The filters will need to be rinsed out, knocked out, or replaced depending on the brand of your equipment. Allow the filters to dry before inserting them back into your device.

TUBE MAINTENANCE

You can keep the tube fresh and clean by cleaning it weekly:

- Fill the tube with tepid water and a drop of detergent, if necessary.
- Seal both ends and shake the liquid through the tube a few times.
- Rinse well until all of the foam has gone.
- Hang the tube out so that it can dry thoroughly. Do not hang it in direct sunlight. You can use a drying hanger, which can be purchased at webshop.vivisol.nl.

MAINTENANCE

A humidifier comprises a chamber (water container) and a heating element. As there is a risk of limescale deposits and bacteria formation, it is important to keep the device clean.

DAILY

- Remove the humidifier chamber from the device after getting up.
- Empty it.
- Rinse it.
- Allow it to air dry.
- Fill the chamber again shortly before going to sleep.
- Put the chamber back into the nebulizer.

WEEKLY

- Fill the humidifier chamber with 1/5 cleaning vinegar and 4/5 tap water to just above the fill line.
- Leave to work for one hour.
- Empty the chamber.
- Brush the inside of the chamber clean with a soft brush.
- Rinse the inside thoroughly.

CLEANING INSTRUCTIONS

	DAILY	WEEKLY	MONTHLY	QUARTERLY	EVERY SIX MONTHS
MASK					
Soft mask parts	Detergent				
Hard mask parts		Detergent			
Head band			Handwash		
TUBE					
		Water/ detergent			
HUMIDIFIER					
	Replace the water	Descal			
FILTERS					
ResMed (white)		Knock out		Replace	
Weinmann (white)			Replace		
Weinmann (black)		Water			Replace
Fisher & Paykel (white)		Knock out		Replace	
Philips foam (black)		Water			Replace
Philips Dreamstation (white)		Water			Replace

TRAVELLING WITH YOUR PAP DEVICE

If you're going on holiday, take your PAP device along so that you can continue your therapy while you are away. You should take a few things into account if travelling with your device. The most important recommendations are below.

AIR TRAVEL

If you are flying, take the device into the cabin as hand luggage. Your hand baggage can go through the scanner at customs control. The device is not resistant to the temperature and pressure differences in the hold.

CARAVAN OR CAMPER VAN

In a caravan or camper van, you will usually need a different connection for your PAP equipment. Converters with a 12/24 V connection are available for all PAP equipment, and you can find them in our online store. Converters will not be covered by your insurer. Take a completed customs declaration form with you when travelling – you can find one at pap.vivisol.nl and in this booklet.

CHECKLIST: WHAT SHOULD I BRING?

Device		Overload safeguard	
Mask / spare mask		World adapter	
Tube / spare tube		Converter	
Customs declaration		Roll of duct tape	
Extension tube		Instant adhesive	

TRAVEL INSURANCE

The equipment is loaned to you by VIVISOL. You do not own the equipment. For terms and conditions, please contact your insurer (or travel insurer, if applicable) in advance. We can give you an indication of the insurance value of your PAP equipment.

REPAIR

You may notice small cracks appear in your mask or tube. Take a roll of strong duct tape with you so that you can carry out minor emergency repairs while travelling. You can temporarily fix a small crack this way.

MALFUNCTIONS WHILE ABROAD

If a malfunction occurs while you are abroad, please contact our Customer Service. They can be reached between 8:30 AM and 5:00 PM on week days by calling +31 (0)13 523 10 21. In emergencies, this number can also be reached outside of office hours. We will then look at the options that are available to assist you. We do not have a service network outside of the Netherlands. For further information, please visit pap.vivisol.nl.

TRAVEL GOODS

If you are planning to take your PAP equipment with you while travelling, please visit the online store for a range of handy travel PAPs and extra batteries in compact format. Travel PAPs will not be covered by your insurer.

Additional holiday tips

- Check in advance what electricity supply is used in the place you are staying and whether your device will be able to function correctly. The electricity data are provided on the base of your device and in the instructions for use.
- In countries where power surges could occur, a current stabilizer will be required.
- Humidity is often higher in warmer countries, which means that you may not need your humidifier. This will save on your luggage.
- Always carry your PAP device in its case for protection.