



Essential Health Supplies in Aruba shares some important tips for

Connecting your CPAP machine to an Oxygen Concentrator

Many older adults who are on CPAP also may need supplemental oxygen. Supplemental oxygen is typically required for people who are diagnosed with some form of pulmonary disease such as COPD, Emphysema or lung cancer. It also may be the case that a CPAP user might need oxygen at night while asleep because of low blood oxygen levels. Whatever the case, if supplemental oxygen is needed, a new or veteran user might run into challenges when purchasing an oxygen concentrator and connecting the concentrator to their CPAP machine.

Connecting to your CPAP machine

Incorporating oxygen into your CPAP therapy is a fairly routine procedure. As mentioned, many CPAP users need oxygen and with a few slight adjustments, can add oxygen directly into the circuit. There are typically two ways to incorporate oxygen into your CPAP therapy. Firstly, check your CPAP mask. Many CPAP masks come with an oxygen port already built into the frame. It will most likely have a cap on it so air isn't escaping during CPAP use. If an oxygen port exists on the frame, simply connect the oxygen tubing directly to the port and use normally. Many newer style nasal pillow masks don't have such a port.



Oxygen Port on CPAP mask frame (available at Essential Health Supplies)

If your CPAP mask does not have an oxygen port, no need to switch masks. It's important to use a CPAP mask which is comfortable. In this case, a bleed adaptor or tubing with an oxygen bleed line would be necessary. These bleed adaptors add oxygen directly into the circuit and are typically connected between the CPAP machine and the CPAP tubing. As you can see from the picture, the oxygen tubing connects into the port and feeds the air inside the CPAP tube. These are inexpensive items and would recommend keeping several available in case of emergency.



Oxygen Bleed Adaptor

Adding oxygen to CPAP therapy is a simple procedure no matter what equipment you are currently using. As always, it is necessary to speak with your doctor to insure proper compliance. Whatever the situation, it is important to become knowledgeable about the products you are using.