

## What is NIV

Non-invasive ventilation (NIV) is a treatment to help with your breathing. If your breathing becomes difficult and your muscles tire, it can lead to a build-up of carbon dioxide (CO<sub>2</sub>) in your blood. In addition you may not have enough oxygen in your blood. NIV is used to support breathing in conditions such as chronic obstructive pulmonary disease, respiratory failure, muscle weakness, MND, chest wall disorders and sometimes if breathing is limited by obesity. NIV can be delivered over night during sleep. It provides support for the lungs through mask fitted carefully over the nose and or mouth. A strap over your head will hold the mask firmly in place. The mask is attached by a tube to the ventilator (breathing machine) which gently blows air into the lungs. This helps you breathe in and out more easily by supporting the muscles which make your lungs work. It doesn't breathe for you, but gently assists each breath that you take.

## COMMON PROBLEMS

A small leak from the mask is common and will not affect the performance. However, a large leak or a leak into the eyes can be problematic.

You can try tightening the headgear straps slightly being careful not to over tighten.

Headgear straps should be tight enough to allow space to pass at least 2 fingers underneath the mask on either cheek.

Dentures can sometimes be a problem as a mask which fits well with dentures in place may not fit once they are removed at night.

Beards and moustaches can affect the seal of your mask and can be improved by trimming your facial hair.

## THROAT DRYNESS

A dry mouth or nose is common when using NIV, particularly with a mask that covers the mouth.

A humidification unit can help resolve this problem and is available with your machine

Sips of water when waking during the night may help.

## MASK SEAL PROBLEMS

It is common to suffer from nasal stuffiness, sneezing and a running nose when you first start treatment. This should settle on its own. Sore eyes or dry eyes – this is normally due to poor position of the mask or incorrect mask size.

Readjusting the mask and headgear may resolve this problem.

If there is no improvement, contact our customer support to arrange a review of your mask.

## NASAL PROBLEMS

This could be an indication the mask is too tight at the top or a poor fit. An adjustable forehead spacer (on the full face mask) can help to distribute the pressure more evenly and reduce pressure on the nasal bridge. If you develop a red, tender area or a wound to the bridge of your nose, please contact your service provider for advice regarding a suitable dressing.

## CARE FOR YOUR DEVICE

It is advisable to look after your device by performing some simple maintenance weekly or monthly depending on your equipment.

If you are in any doubt always feel free to call our customer support team on our freephone number.

## MASKS

It is advisable to give your mask a wipe daily with a moist cloth.

HOW LONG WILL MY MASK LAST AND HOW OFTEN WILL I GET A REPLACEMENT? You will receive a mask every year if needing replacement.

## F.A.Q

### WHAT DO I DO IF MY DEVICE IS ALARMING

The most common alarms are caused by leaks however we recommend you note the alarm name on your device prior to calling customer support.

### IF I GO INTO HOSPITAL SHOULD I TAKE MY DEVICE WITH ME ?

If you go into hospital you should take your device with you unless otherwise instructed.

### IF I DROP MY DEVICE SHOULD I CONTINUE TO USE IT ?

If you drop or damage your device it is advisable to call our customer support team.

### HOW MANY HOURS EACH NIGHT/DAY SHOULD I USE MY DEVICE?

Your Clinical team will tell you how long you will need to use your device at night or during the day.

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