CPAP / BiPAP Supply Replacement Checklist

Use this checklist to track when each supply was last replaced and when it's due again. Keep it near your machine or bring it to your next supply call.

How to use this: The "Replace about every" column shows general guidelines only.* Always follow your DME provider's instructions, and check your insurance plan to see what's covered.

Mask & interface parts

SUPPLY ITEM	REPLACE ABOUT EVERY*	LAST REPLACED	NEXT DUE
Cushion / pillows (silicone seal)	2–4 weeks		
Headgear / straps	6 months		
Mask frame	3–6 months		
Chinstrap (if used)	6 months		
Elbow / swivel connector	3–6 months		

Tip: A worn cushion is a common cause of leaks. Red marks or air noise? Check the cushion first — and ask your DME provider about mask fit if it keeps happening.

Tubing

SUPPLY ITEM	REPLACE ABOUT EVERY*	LAST REPLACED	NEXT DUE
Standard tubing (6 ft)	3 months		
Heated tubing	3–6 months		
Tube brush (for cleaning)	When bristles are worn		

Tip: Look over your tubing monthly for cracks, discoloration, or odor. Holding it up to a light helps you spot holes.

Filters

SUPPLY ITEM	REPLACE ABOUT EVERY*	LAST REPLACED	NEXT DUE
Disposable (paper / fiber) filter	2 weeks – monthly		
Reusable foam filter	6 months, or sooner if torn		
Ultra-fine / hypoallergenic filter	2 weeks – monthly		

Tip: Don't wash disposable filters. Rinse reusable foam filters in warm water as your manual directs, and let them air-dry fully before putting them back.

Humidifier / water chamber

SUPPLY ITEM	REPLACE ABOUT EVERY*	LAST REPLACED	NEXT DUE
Water chamber / tub	6–12 months		

Tip: Use distilled water unless your manual says otherwise. Empty the chamber each morning, let it air-dry, and refill with fresh water before use.

**General guidelines only. Timing varies by device, use, prescription, and insurance; follow your DME provider.*

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Device / machine

SUPPLY ITEM	REPLACE ABOUT EVERY*	LAST REPLACED	NEXT DUE
CPAP / BiPAP machine	About 5 years (check plan)		
Power cord	If frayed or damaged		
Travel / backup battery (if used)	Per maker; check monthly		

**General guidelines only; follow your DME provider and check your insurance plan.*

Quick cleaning reminder

Daily Empty and rinse the humidifier chamber; wipe the mask cushion with a damp cloth.

Weekly Wash the mask, headgear, and tubing in warm, soapy water, then let them air-dry.

Monthly Check filters and look over the tubing for cracks. Unplug the machine before wiping it down.

Your device manual has the cleaning steps for your exact model. If it says something different, follow the manual.

My device information (fill in once)

Device brand / model _____ **Serial number** _____

Mask type / size _____ **Insurance / plan** _____

DME provider _____ **DME phone** _____

Prescribing doctor _____ **Doctor phone** _____

Next reorder date _____

My notes

_____

_____

_____

_____

_____

Want reminders when supplies are due?

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This checklist is for general education and organization only. It is not medical advice and does not replace guidance from your prescribing physician, respiratory therapist, or DME provider. Do not change pressures, modes, or other prescribed settings unless your prescribing doctor tells you to. Always follow your provider's instructions for your device. In an emergency, call 911.

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