

What is CPAP ?

CPAP stands for Continuous Positive Airway Pressure. It is a special type of breathing circuit that is used to help your baby's breathing.

When is CPAP used?

CPAP is used when babies need a little help with their own breathing.

How does CPAP work?

CPAP is used to help your baby's breathing by having air flow through two fine tubes placed in the nostrils or via a face mask. This slightly raises the pressure and helps to keep the baby's lungs inflated. It also helps to get more oxygen into baby's blood.

Is CPAP safe for my baby?

CPAP is a safe and effective way to treat babies with breathing difficulties, however, it can occasionally cause complications.

Potential complications of CPAP

There are some potential complications of CPAP, which we are constantly monitoring for. These are:

- Abdominal distention;
- Injury to the nose;
- Pneumothorax – air leak into the lining of the lungs.

Monitoring of your baby whilst receiving CPAP

Your baby's progress will be continuously monitored by the nursing and medical staff, which includes:

- Heart rate monitoring
- Blood oxygen levels
- Temperature
- Skin colour and integrity
- Blood pressure

How parents can support their baby

Once your baby is settled on CPAP, you will be able to cuddle him/her and assist with their cares and nappy change.

More questions?

If you have any questions or concerns, please speak to the doctors or nursing staff.