

Adult sleep service

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**Hospital number:**

**NHS number:**

Monday 28June 2021

Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

**Urgent recall of Philips Respironics CPAP machines**

We have sent you this letter because Philips Respironics is recalling a number of their CPAP machines due to a potential safety issue. Our records show that your CPAP machine is one of those affected.

**Reason for recall**

There are concerns that sound-reducing foam used in a number of the Philips Respironics devices may degrade into particles which may be ingested or inhaled by the user, and the foam may give off certain chemicals.

Philips has informed us that the risk of this happening is extremely small, and the recall is mainly precautionary. There have been no reports of people dying as a result of these issues, and all of the safety issues have so far been reported outside of the UK.

The risk of foam degradation is increased if the CPAP device is cleaned with unapproved Ozone cleaning products, such as SoClean®. Please stop using any unapproved Ozone cleaning products immediately.

**What to do next**

We recommend that you **continue to use your CPAP machine** at present. The risks of stopping your treatment are greater than the risks of continuing to use the CPAP machine.

Philips Respironics has advised that using an antibacterial filter can help to reduce your risk of being exposed to such particles when using your CPAP machine. If you need an antibacterial filter for your CPAP machine, please contact the adult sleep service team using the telephone number at the end of this letter.

If you currently use a humidifier with your CPAP machine, we recommend that you stop using the humidifier (simply turn it off) and just use the CPAP machine with an antibacterial filter.

**Stopping CPAP treatment**

It is not dangerous to stop CPAP treatment. However, it is very likely that your original sleep apnoea symptoms will gradually return one to three days after stopping CPAP treatment. Common symptoms include:

* excessive daytime sleepiness
* morning headaches
* poor concentration
* snoring
* a gasping sensation during sleep

If your original sleep apnoea symptoms were severe and affected your day-to-day life, we recommend that you continue your CPAP treatment.

If you have an underlying health condition, such as diabetes, high blood pressure or cardiac disease, you may find that stopping CPAP treatment causes your condition to become less well-controlled.

**Driving**

If your ability to drive safely was affected before you started CPAP treatment, it is likely that this will also be the case if you decide to stop your treatment.

**You should not drive if you experience any symptoms of sleepiness.** If you experience any symptoms of sleepiness behind the wheel, we strongly advise you to pull over as soon as it is safe and rest until it is safe to continue home. You should then stop driving until your CPAP treatment re-starts.

If you are a HGV, PSV or an occupational driver (driving is part of your job role), please contact us so we can make sure our records are up to date. When we receive the replacement machines, we will prioritise people in this category.

**Replacement CPAP machines**

Philips Respironics have assured us that they are going to provide replacement machines to University Hospital Southampton NHS Foundation Trust as soon as they can. However, they have not yet confirmed a time frame for this.

You can register for a replacement device on the manufacturer’s website: [**www.philips.com/src-update**](http://www.philips.com/src-update)

On the website, you will also find up to date information about the device recall and guidance on how to locate the serial number on your device.

If you do not have internet access or are unable to access the website, please contact the Philips helpline on **0800 249 4578** to register your device.

**Alternative therapies**

If you decide to stop your CPAP treatment while you wait for a replacement machine, there are some alternative therapies that may help to control your sleep apnoea symptoms. These include:

* using a mandibular advancement device (a device used to treat snoring)
* sleeping on your side (rather than your back)
* adopting a heathier and more active lifestyle (if you are overweight)
* practising good sleep hygiene (good sleep habits), such as following a regular bedtime routine and avoiding drinking alcohol

**If you decide to stop using your CPAP machine**

Please let us know if you decide to stop using or have already stopped using your CPAP machine so we can update our records.

**Contact us**

If you have any questions or concerns, please contact us on **07770 543050** (Monday to Friday, 9am to 4.30pm). This is a dedicated phone line for queries relating to the Philips CPAP machine recall and replacements. If we are not able to answer immediately, please leave a message with your name and telephone number, and we will return your call as soon as we can.

Yours sincerely,



**Adult sleep service team Paul Grundy**

University Hospital Southampton NHS Chief Executive Medical Officer

Foundation Trust University Hospital Southampton NHS Foundation Trust

Dr Paddy Dennison

Dr Mark Jackson

Bruno Santos (lead sleep physiologist)