

## Driving

Everyone is legally obliged to avoid driving when sleepy, regardless of whether this is due to an underlying medical condition. Please ask the RSSC doctor during your admission whether your condition requires you to inform the DVLA.

## DVLA contact details

Drivers Medical Enquiries  
DVLA, Swansea, SA99 1TU

Tel: 0300 7906806  
8.00am - 5.30pm Mon - Fri  
8.00am - 1.00pm Saturday

Email: [eftd@dvla.gsi.gov.uk](mailto:eftd@dvla.gsi.gov.uk)  
[www.dvla.gov.uk](http://www.dvla.gov.uk)

## Trouble shooting

If you experience a power cut or your machine is broken the majority of patients will be safe to spend one or two nights sleeping without the machine (unless you are NIV dependant).

The NIPPY machine is set to alarm if it detects any faults i.e. mask leaking due to poor fitting; the NIPPY will display a warning message during the alarm. It is important to read this message and follow the instructions which, for example may be to tighten the mask. If you need to contact the ward/technicians they will ask about this message so they can assist you with your problem.

If your machine has a red flashing spanner do not worry this will not affect the way the machine operates, but will require a service at your next appointment. If your machine displays machine fault please contact the ward as this normally means your machine needs to be changed. If you have any concerns please contact the ward early so we can try and resolve the issue.

## NIPPY 24hr helpline

01480 364259 or 01480 364260

## Mask/hose replacements

01480 364890 (Mon to Fri, 9.00am-4.00pm)  
Answerphone available

## Machine faults/technicians

01480 364264 (9.00am-4.00pm)

*\*Papworth Hospital will be unable to accept responsibility for the safety and efficacy of your NIPPY equipment, if your machine isn't brought in for regular servicing at these appointments.*

*The NIPPY remains the property of Papworth Hospital and if not used must be returned. Tel 01480 364890 for details of returning equipment.*

**Papworth Hospital NHS Foundation Trust**  
Papworth Everard, Cambridge, CB23 3RE

Tel: 01480 830541  
Fax: 01480 831315

[www.papworthhospital.nhs.uk](http://www.papworthhospital.nhs.uk)

A member of Cambridge University Health Partners



Papworth Hospital is a smokefree site

Large print copies and alternative language versions of this leaflet can be made available on request.

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# Discharge information for patients using NIPPY\*

A patient's guide

\*Non-invasive positive  
pressure ventilation

Non-invasive positive pressure ventilation (NIPPY) is a treatment to help with your breathing. NIPPY works by blowing air into the lungs until a pre-set airway pressure is reached. This will assist your breathing at night. The NIPPY ventilator can be used for a variety of respiratory conditions and muscle disorders.

The settings on your NIPPY have been set for your particular respiratory condition; please ensure these are not altered.

### **Risks & benefits of treatment**

#### **Benefits**

The NIPPY is aimed at giving you a better quality night's sleep which should result in you feeling more refreshed during the day. There are also health benefits such as a decreased risk of you requiring unplanned or emergency admissions to hospital. You may also feel headache free if this was a problem previously.

#### **Risks**

The NIPPY may cause symptoms such as blocked, runny nose or you may experience throat or nose dryness. A humidifier can be added to your machine to assist with this. If this occurs you should mention this to the nurse or doctor looking after you when you are in hospital or when you are at home contact the RSSC.

It is important that your mask is fitted correctly; if the straps are pulled too tightly you may experience soreness around the surrounding skin particularly around the bridge of the nose.

If the skin on the bridge of your nose becomes broken you need to contact the RSSC as it may be necessary to have a different type of mask fitted.

### **Discharge advice and follow-up arrangements**

Before you leave hospital make sure you know how to turn your NIPPY on and off and how to dismantle your mask and hose, (oxygen connector and humidification if included).

#### **Caring for your machine and mask**

The headgear can be washed in soapy water, rinsed and left to dry, we suggest once every two weeks or more frequently if necessary.

The NIPPY unit should be disconnected from the mains electricity and a damp cloth used to clean the outside. Internal cleaning is the responsibility of the RSSC.

#### **Using your machine**

NIPPY is designed to be worn at night whilst you sleep, some patients may benefit from 'top-up' during the day.

If you are having problems with the treatment, please contact the helpline as we can often help to improve the comfort of the mask and the machine.

If you require additional oxygen with your NIPPY, the oxygen supply must be switched off when the NIPPY is not in use as this is a fire risk.

#### **Follow-up**

After your discharge you will receive an appointment to return to the RSSC so the benefit of your NIPPY can be assessed, further reviews will be dependent on your medical condition.

It is important that you attend these appointments so your machine can be checked, serviced and any accessories that need changing are replaced.

It is important to bring along your machine and all accessories with you at each follow up.

### **When to contact the ward**

- If you do not feel the machine is working effectively or you have symptoms such as morning headaches.
- If you are becoming more dependent on your NIPPY and are using it for more than 12 hours a day please contact the ward as you may need an early review or a second machine with an internal battery.

### **Holidays**

If you go away you should take your machine with you. If you are going overseas you will need a custom letter to explain the reason for your treatment, we can provide this for you. It is important to take the NIPPY as hand luggage on a plane.

The hospital is unable to replace your NIPPY if you take it out of the country, so please ensure that your travel insurance takes this into account, and your machine and accessories are all in good condition before travelling.

### **Admission to other hospitals**

If you are admitted to another hospital it is important that you take the NIPPY with you. If the staff are not familiar with the machine they should contact the RSSC for more information. It is still important to wear the machine every night when you are in hospital.