

Obstructive sleep apnoea (OSA) and CPAP therapy

Information for patients having
an operation

What is this information about?

This information is about obstructive sleep apnoea (OSA) and using your CPAP machine before, during and after your operation (surgery).

It explains:

- why OSA and CPAP therapy are important when you are having an operation
- what to tell your healthcare team before your operation
- how to use your CPAP machine in the weeks before your operation
- what CPAP equipment to bring to hospital
- how your healthcare team may plan your care during your hospital stay
- what may happen after your operation
- when to contact the pre-operative assessment team.

Why have I been given this information?

You have been given this information because OSA and CPAP therapy can affect your care when you are having an operation.

If you have OSA, your breathing may become partly or completely blocked while you sleep. Anaesthetic medicines, sedatives and some pain relief medicines can increase the risk of breathing problems around the time of your operation.

Using your CPAP machine as prescribed, and making sure your healthcare team knows about your OSA, can help keep you safe before and after your operation.

What should I tell the hospital before my surgery?

Please tell us before your operation if:

- you have been diagnosed with obstructive sleep apnoea (OSA)
- you use a CPAP machine
- you have been advised to use CPAP but do not currently use it
- you are waiting for tests or treatment because you may have sleep apnoea.

How should I use my CPAP machine before my operation?

Do

- ✓ use your CPAP machine every night as prescribed in the weeks leading up to your operation.

This helps optimise your breathing. It may reduce your chance of getting complications after your operation.

What should I bring to hospital?

If you use CPAP, please bring:

- your CPAP machine
- your mask
- your tubing
- your power cable or charger
- any humidifier attachment you usually use.

Do

- ✓ make sure your equipment is clearly labelled with your name.

What may happen during my hospital stay?

Your anaesthetist and surgical team will take your OSA into account when planning your care.

This may include:

- adjustments to your anaesthetic
- careful choice of pain relief medicines
- extra checks of things such as your breathing and heart-rate after your operation.
- use of your CPAP machine during recovery and overnight if needed.

What may happen after my surgery?

After your surgery, you may be asked to:

- start using your CPAP machine again as soon as it is safe to do so
- wear your CPAP whenever you are sleeping, including during daytime naps
- stay in hospital for longer. This is so that we can continue to check how you are and how your breathing is if we think that we need to do this.

Be aware,

some pain relief medicines, such as opioids (for example, morphine) can increase your chance of finding it difficult to breathe. Your healthcare team will prescribe pain relief that is right for you.

When should I contact the pre-operative assessment team?

Contact the pre-operative assessment team before your operation if:

- your CPAP treatment has recently changed
- you have stopped using your CPAP machine
- your symptoms have got worse
- your machine is broken or you cannot use it for another reason
- you have any concerns about your sleep apnoea treatment.

Do I need to bring my CPAP machine if I am only staying for the day?

Yes. Please bring your CPAP machine even if you are expecting to go home on the same day.

What if I forget my CPAP machine?

Please tell a member of staff as soon as possible.

What are the key messages from this information?

The key messages are:

- continue using your CPAP every night before your operation
- tell your healthcare team about your sleep apnoea
- bring your CPAP machine and accessories to hospital
- use your CPAP whenever sleeping after your operation unless your clinical team advises you not to.

Who should I contact if I have questions or concerns after I have read this information?

If you have any questions about your operation or CPAP therapy, please contact your pre-op team. See your pre-operative advice leaflet for the contact details.

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