

# Your appointment for a non-invasive ventilator to support your breathing

## Respiratory Physiology

Information for Patients

Produced: February 2023

Review: February 2026

Leaflet number: 1362 Version: 1

### **What is a ventilator?**

Your doctor has asked us to treat you with non-invasive ventilation (NIV). This is a medical treatment that helps you with your breathing. You use a mask and a machine known as a ventilator. The ventilator pushes air into your lungs with a set (prescribed) amount of pressure. This helps to inflate your lungs and reduce the amount of effort needed to breathe.

### **Why do I need it?**

Some medical conditions can cause 'under-breathing'. This may lead to respiratory failure where you do not always breathe quickly or deeply enough, especially when you are asleep. This causes your oxygen level to fall and your waste gas (carbon dioxide) to rise. This can make you sleepy and lacking in energy in the daytime. This may also cause morning headaches.

### **What will happen at my appointment?**

You will be seen by either a respiratory physiologist, specialist nurse or physiotherapist who specialises in ventilation:

1. If you have not had a blood test recently, we will need to take a small sample of blood from your earlobe. This will tell us your carbon dioxide level.
2. You will then be shown the ventilator machine and how it works.
3. You will be fitted with a mask that delivers the air from the ventilator to your lungs.
4. The ventilator will be switched on so you can feel the air coming from the machine and the correct level of air will be set to your breathing pattern.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

5. You will be shown how to switch the machine on and off.
6. You will be given information leaflets with our contact details on so you know how to get in touch if you have any questions.
7. You will be told how much you need to use the ventilator when you are at home.

## An example of a ventilator

- This is a picture of a typical home ventilator.
- It needs to sit on a bedside cabinet or table next to your bed.
- It needs to be plugged into the mains electricity.
- The ventilator will be given to you on a long-term loan basis. It remains the property of the hospital.
- It is your responsibility to use as advised and keep it in good condition and return when no longer used.



## What are the masks like?

The air you need to breathe in from the ventilator flows down a length of tubing to a mask that you wear on your face. There are many types of mask available. During your appointment the different masks will be explained and your face will be measured to find the best mask for you. The picture below shows different masks; some fit over the nose and mouth, others just over the nose.



## How long will the appointment take?

You will be in the department for between 1 and 2 hours.

## Can I bring someone to the appointment with me?

- You can come to the appointment on your own.
- You may like to bring either a partner, relative or friend with you.
- You will be given a lot of information at the appointment.

- You will need to be able to carry a bag containing the ventilator and mask away with you, so many patients prefer to bring someone with them.
- Please only bring 1 person with you if possible as we are limited on space. If you feel you need to bring more than 1 person with you then please ring the department first to check that we can manage this.

## Contact details

If you have any questions or concerns before your appointment please contact the Respiratory Physiology Unit.

To change appointment time or cancel appointment: 0116 258 3420

For enquiries about your appointment or treatment: 0116 258 3419

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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