



Home Medical Equipment: Apnea Monitor (Cardiorespiratory Monitor)

The neonatal intensive care unit (NICU) team celebrates with you as your baby goes home! After graduation from the NICU, your baby will need special home medical equipment (also called durable medical equipment) to help keep him or her well.

Why does my baby need this equipment?

Your baby is at risk to stop breathing, take too long to take the next breath, or have a heartbeat that is too fast or too slow. You will hear an alarm if your baby's breathing or heartbeat is not safe.

Vendor Information

A company, also called a vendor, will bring the equipment to your home and teach you how to use and manage any problems with the equipment that may arise.

Name: _____

Phone Number: _____

Address: _____

Other Emergency Numbers: _____

Important Things to Remember

- Apnea monitors *do not* prevent sudden infant death syndrome (SIDS). Always use safe sleep practices (Put your baby on his or her back to sleep and keep your baby alone on a firm crib mattress with his or her face uncovered; do not overdress your baby for sleep and keep toys and stuffed animals out of the crib).
- Always use the apnea monitor when your baby is asleep, takes a nap, while he or she is riding in the car, or when you are busy. Don't leave the monitor at home.
- Always check on your baby when you hear the monitor alarm. Tap your baby's foot or rub your baby's chest to help remind your baby to breathe or help to raise the heartbeat. If your baby is not breathing, shout for help, start cardiopulmonary resuscitation (CPR), and call emergency medical services (EMS) or 911 right away.
- False alarms may sound if the monitor belt around your baby's chest is too loose.
- Call your EMS, telephone, and electric companies to let them know that your baby uses an apnea monitor. This is important so if there is a power outage or emergency, you will be on a priority list for help.
- The equipment company may visit your home to get (download) information from the apnea monitor about your baby's breathing and heartbeat.
- Do not stop using the apnea monitor until your baby's provider tells you it is safe to do so.
- You may be nervous at first, but with practice, you will become more comfortable using the equipment. It's always OK to ask for help! Make sure you ask your baby's healthcare provider who you can call for help, questions, and concerns.

The above information is to help you better understand your baby's care. Always follow the instructions given by your baby's health-care provider and ask questions if you have concerns about your baby.

Online Resources

American Academy of Pediatrics
www.aap.org

Kids Health
www.kidshealth.org