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Clearing Your Airways to Help You Breathe with the acapella® Vibratory PEP Therapy System



PORTEX®

Secretion management.

For patients with the conditions shown.

Difficulties
clearing mucous?
**Difficulties
breathing?**
Excess mucus?
Chronic coughing?
Wheezing?
Shortness of
breath?

COPD?
**Chronic
Bronchitis?**
Asthma?
Bronchiectasis?
Cystic Fibrosis?

Which effective therapy?

With certain respiratory conditions, secretions, such as mucus, can build up in the airway and lungs. This can cause breathing problems, and it can be dangerous because it means that less oxygen will reach the blood.

A lack of adequate oxygen in the blood can lead to severe complications because oxygen is needed by all of our vital organs including the heart and brain to function properly. The treatment to loosen and remove these excessive secretions and restore proper breathing is called 'secretion management'.

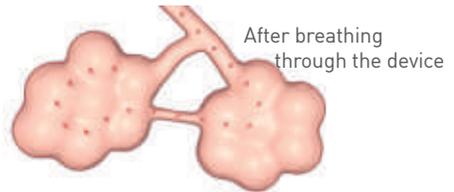
There are several effective treatment options available.¹

Your healthcare provider prescribed Positive Expiratory Pressure Therapy, or PEP therapy for you.

What is Positive Expiratory Pressure (PEP) Therapy?

PEP therapy works by breathing through a PEP device (in this case the Portex® acapella® vibratory PEP therapy system) in a specific way. When you breathe out with moderate force through the device, your breath will meet resistance. **This resistance produces 'positive pressure'**, which helps to keep the airways open.

This positive pressure allows airflow to get beneath secretions, forcing them away from airway surfaces and **allowing the mucus to move upward toward the larger airways** where it can be coughed out through a technique called 'huff coughing'.



Huff coughing means that you breathe like you are blowing out birthday candles with your mouth wide open. Some methods of PEP also use vibration, which further helps to loosen thick, sticky mucus and secretions.

Why acapella® vibratory PEP Therapy System?



The Portex® acapella® vibratory PEP therapy system is convenient and can be used in the hospital, at home, or wherever you may be when treatment is needed. The device is easy to use, and does not require electricity or medical gas to operate. If you are currently prescribed nebulized drugs, you can use the system with your nebulizer to help get more of your medication into your lungs, which will make the drugs work better.

How your acapella® device works?



The more you inhale, the more air that flows into and through the device.

When you stop inhaling and breathe out through the acapella®, the valve closes and pressure is generated on the patient side of the valve (PEP).

PEP can be adjusted on the acapella® device using the dial on the end.

you administer
your therapy



anywhere
anytime
any position

adjustable
self-contained



Use of the Por Vibratory PEP T

To use the system for

- 1 Wash your hands.



- 2 Ensure the adjustment dial is set correctly (as directed by your healthcare provider).



- 3 Use your belly and diaphragm to take in a larger than normal breath.



- 4 Place the mouthpiece gently into your mouth.



If you are using a mask, place it tightly but comfortably over your nose and mouth.



rtex[®] acapella[®] Therapy System

Follow the steps below:

- 5 Hold your breath for 2-3 seconds if you can.



Breathe out actively but not forcefully, through the device and make the acapella[®] device vibrate. Exhalation should last 3-4 times longer than inhalation.

Maintain a tight seal on the mouthpiece with your lips when you breathe out (if necessary, a nose clip can be used).

You will feel the effects of your therapy more quickly if you take deeper breaths in and take longer period of time to release your breath back out.

Practice: It's like a dance. Breathe in one two, hold three four, blow out five, six, seven, eight.

- 6 Repeat this breathing exercise 10-20 times or as directed by your doctor or your physiotherapist.



- 7 Remove the mouthpiece (or mask if being used) and perform 2-3 'huff' coughs to help you cough up the secretions. If you do not know how to perform a 'huff' cough, ask your healthcare provider.



Cleaning and Care for Vibratory PEP T

The acapella® device should be cleaned after each use and disinfected daily to prevent the growth of bacteria.

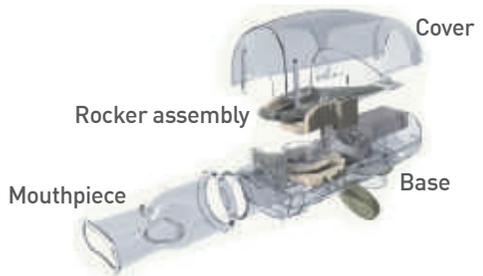
If you are in the hospital, the device will be cleaned for you. If you are at home, you or your caregiver will need to clean and disinfect the device.

Cleaning your acapella® choice or acapella® duet device

There are four parts to the acapella® choice and acapella® duet devices that need to be cleaned:



acapella® choice



acapella® duet

Take your device apart:



Do not attempt to disassemble the rocker assembly

the Portex[®] acapella[®] Therapy System

Washing your acapella[®] device

Carefully wash each part by submerging it in warm water containing mild dish soap. Wipe the submerged parts with a clean cloth or paper towel to loosen and remove any secretions.



Disinfection

Method 1 and Method 2 can be performed (for any acapella[®] device model):



Method 1: Place the parts of the device in a bowl containing **isopropyl alcohol (70% strength)** for **5 minutes**.



Method 2: Place the parts of the device in a bowl containing **hydrogen peroxide (3% strength)** for **30 minutes**.

Method 3 and Method 4 can be performed (for acapella[®] choice and acapella[®] duet devices):



Method 3: Place the parts of the device on the top shelf of your dishwasher for a normal cycle (water temperature greater than 70°C/158°F for at least 30 minutes).



Method 4: Boil the parts of the device in water for **5 minutes**.

Cleaning and Care for the Portex® acapella® Vibratory PEP Therapy System

Rinse your acapella® device

After disinfection, rinse the device with sterile water. You can make water sterile by boiling water for this purpose.

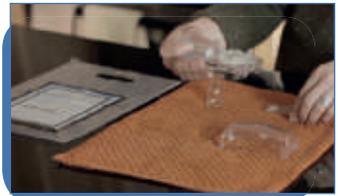


Drying and reassembly

Drain the base of the device by placing it with the mouthpiece end downward on a clean towel, along with the other parts, and allow everything to air-dry.



Once all parts are completely dry, re-assemble the device for your next therapy session.



Daily care

Clean your acapella® device daily. The outside of your acapella® device should be cleaned with a soft, damp cloth.

Taking Control of Your Treatment

When performing PEP therapy, it is important to follow the instructions of your healthcare provider carefully.

If you have questions on the use of your device, contact your healthcare provider.

If you would like more information on the Portex® acapella® vibratory PEP therapy system, visit the Smiths Medical TV webpage at :

www.smiths-medical.com/education-resources/videos/



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