

# Use and care of the acapella® choice vibratory PEP therapy system



Learning to use your new positive expiratory pressure (PEP) device is fast and easy. Taking deep breaths fills your lungs with air which helps exercise them. Your acapella® choice PEP device uses inhalation and exhalation to keep your lungs healthy. When exhaling, the PEP device provides vibrations you will feel in the airways of your lungs.

## Preparing to use your acapella® choice PEP device

1. Wash your hands
2. Ensure the adjustment dial is set correctly as directed by your healthcare provider



### WASH HANDS



### SET DIAL

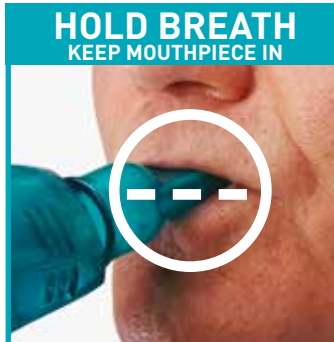
You are ready to begin the breathing exercise

## Using your acapella® choice PEP device

1. Place the mouthpiece gently into your mouth
2. Keeping the device in your mouth, take a deep breath and hold it for 2-3 seconds
3. Breathe out through the PEP device slowly and smoothly for 6-9 seconds, while keeping a tight seal on the mouthpiece
4. Repeat this breathing exercise 10-20 times
5. Remove the mouthpiece (or mask) and perform 2-3 huff coughs. *A huff cough is like blowing out candles with your mouth wide open.*



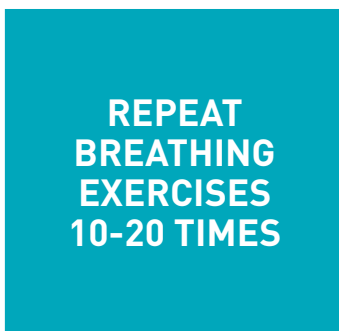
### BREATHE IN THROUGH DEVICE



### HOLD BREATH KEEP MOUTHPIECE IN



### BREATHE OUT THROUGH DEVICE



### REPEAT BREATHING EXERCISES 10-20 TIMES



### HUFF COUGH

Perform this routine at least 4 times a day, or as directed by your healthcare provider

## Cleaning your acapella® choice PEP device

1. Take apart the acapella® choice PEP device
2. **DAILY CLEAN:** soak the parts in warm, soapy water for 15-20 minutes
3. **DISINFECT:** Place the acapella® choice PEP device in the dishwasher (top rack)



### TAKE APART



### CLEAN/DISINFECT

Refer to the *Instructions for Use* packaged with the product for more details

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