



Product Reference Guide Acapella™ Choice Vibratory PEP Therapy System

Use and Care

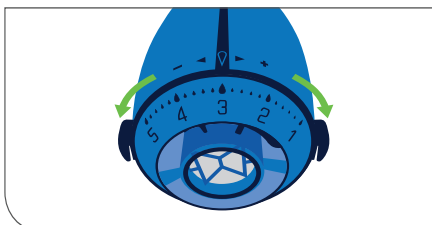
Learning to use your positive expiratory pressure (PEP) device is fast and easy. Taking deep breaths helps exercise the lungs and fills them up with air. Your Acapella Choice PEP device uses inhalation and exhalation to keep your lungs healthy. When exhaling, the PEP device provides gentle vibrations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



Preparing to use your Acapella Choice PEP device



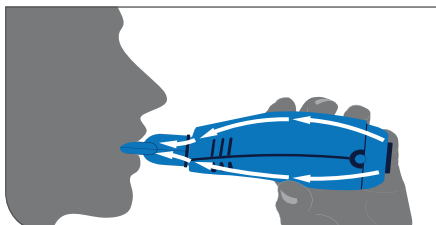
1. Wash your hands



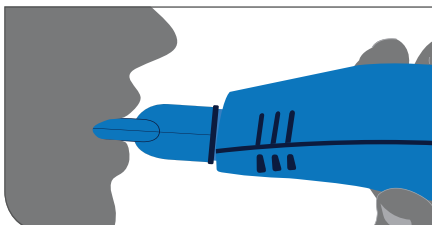
2. Ensure the adjustment dial is set correctly as directed by your healthcare provider

You are ready to begin the breathing exercise

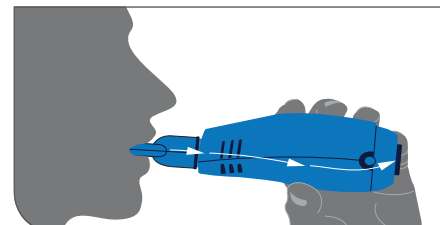
Using your Acapella Choice PEP device



1. Place the mouthpiece gently into your mouth and breath in through the device



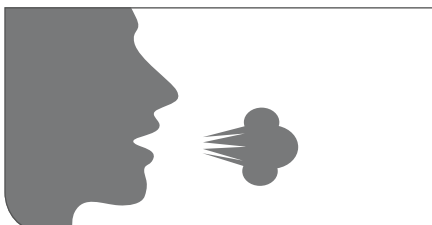
2. Keeping the device in your mouth, take a deep breath and hold it for 2-3 seconds



3. Breathe out through the PEP device slowly and smoothly for 6-9 seconds, while keeping a tight seal on the mouthpiece

**Repeat Breathing Exercises
10-20 Times**

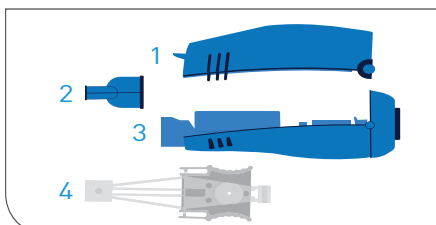
4. Repeat this breathing exercise 10-20 times



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

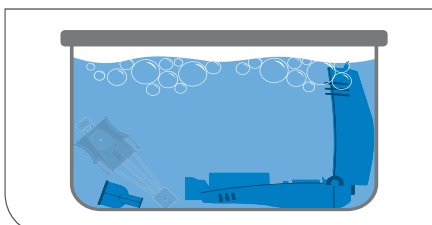
Perform this routine at least 4 times a day, or as directed by your healthcare provider

Cleaning your Acapella Choice PEP device



1. Take apart the Acapella Choice PEP device

1. Cover 2. Mouthpiece 3. Base
4. Rocker Assembly (do not disassemble)



2. Daily Clean: soak the parts in warm, soapy water for 15-20 minutes or place in the dishwasher (top rack only)
3. Disinfect: Boil the cleaned device in distilled water for 5 minutes. Once cooled, remove from the water, and allow to air dry

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

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

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human connections