



Acapella™ DH Respiratory System

Use and Care Guide

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 DH 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 DH PEP device

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

1. Wash Hands



2. Set Dial

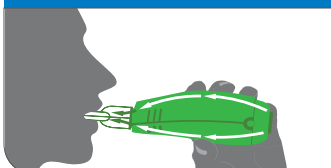


You are ready to begin the breathing exercise.

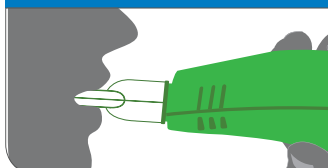
Using your Acapella DH PEP device

1. Place the mouthpiece gently into your mouth and breathe in through the device. If using a mask, apply mask tightly but comfortably over nose and mouth.
2. Keeping the device in your mouth, take a deep breath and hold it for 2–3 seconds.
3. Breathe out through the 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.

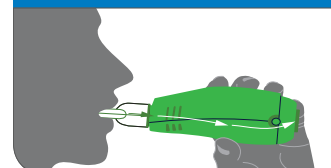
1. Breathe in through device



2. Take a deep breath, hold it for 2–3 seconds



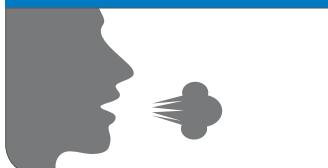
3. Breathe out through device



4. Repeat

Repeat breathing exercise
10–20 times

5. Huff cough

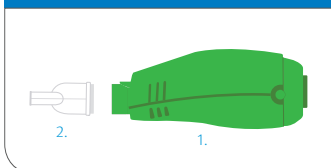


Perform this routine at least 4 times a day, or as directed by your healthcare provider.

Cleaning your Acapella DH PEP device

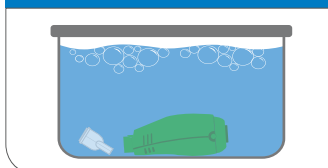
1. Detach mouthpiece (mask) from body of device.
2. Clean as needed: Soak the parts in warm, soapy water as required to remove visible contaminants.
3. Disinfect:
 - › Alcohol: Soak the device for 5 minutes, twice daily, with 70% isopropyl alcohol. Rinse with sterile water
 - › Hydrogen peroxide: Soak the device in 3% hydrogen peroxide for 30 minutes. Rinse with sterile water
 - › Glutaraldehydes (or equivalent): The device will maintain its integrity using cold sterilising solutions such as glutaraldehydes

1. Take apart



1. Body
2. Mouthpiece

2. Clean as needed



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

Figures are rendered as graphic representations to approximate actual product.

icumedical
human connections