Acapella™ DM
Respiratory Therapy System

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 DM 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 DM PEP device

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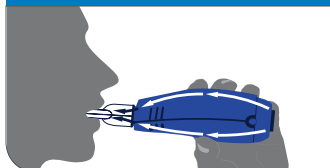
1. Wash Hands

2. Set Dial

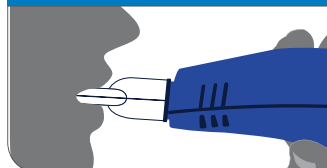You are ready to begin the breathing exercise

Using your Acapella DM PEP device

1. Place the mouthpiece gently into your mouth and breath 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 PEP device slowly and smoothly for 3–4 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.
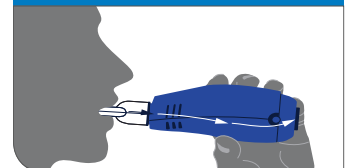
1. Breathe in through device
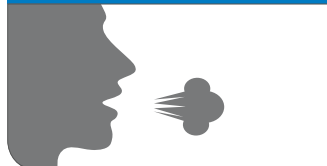
2. Take a deep breath, hold it for 2–3 seconds

3. Breathe out through device

4. Repeat

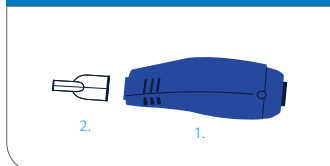Repeat breathing exercises 10–20 times

5. Huff cough

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

Cleaning your Acapella DM 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 Acapella DM PEP device 5 minutes, twice daily, with 70% isopropyl alcohol. Rinse with sterile water
› Hydrogen Peroxide: Soak the Acapella DM PEP device in 3% hydrogen peroxide for 30 minutes. Rinse with sterile water
› Glutaraldehydes (Cidex® or equilivant): Acapella will maintain its integrity using cold sterilising solutions such as glutaraldehydes

1. Take apart

2.   1.

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.

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human connections