

Respiratory

Aerobika mucus clearance device

If you have any questions about using your Aerobika device, please contact the person who has issued you the device.

The Aerobika is an oscillating positive expiratory pressure (OPEP) device. It should be used with your breathing exercises which helps you clear mucus from your chest.

The Aerobika is a device that can be used to help chest clearance by:

- Keeping your airways open as you breath out
- Providing vibrations in your lungs to loosen the mucus



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Using your Aerobika

1. If this is the first time you will use your Aerobika, the physiotherapist will decide on what level the resistance indicator should be set. Check before

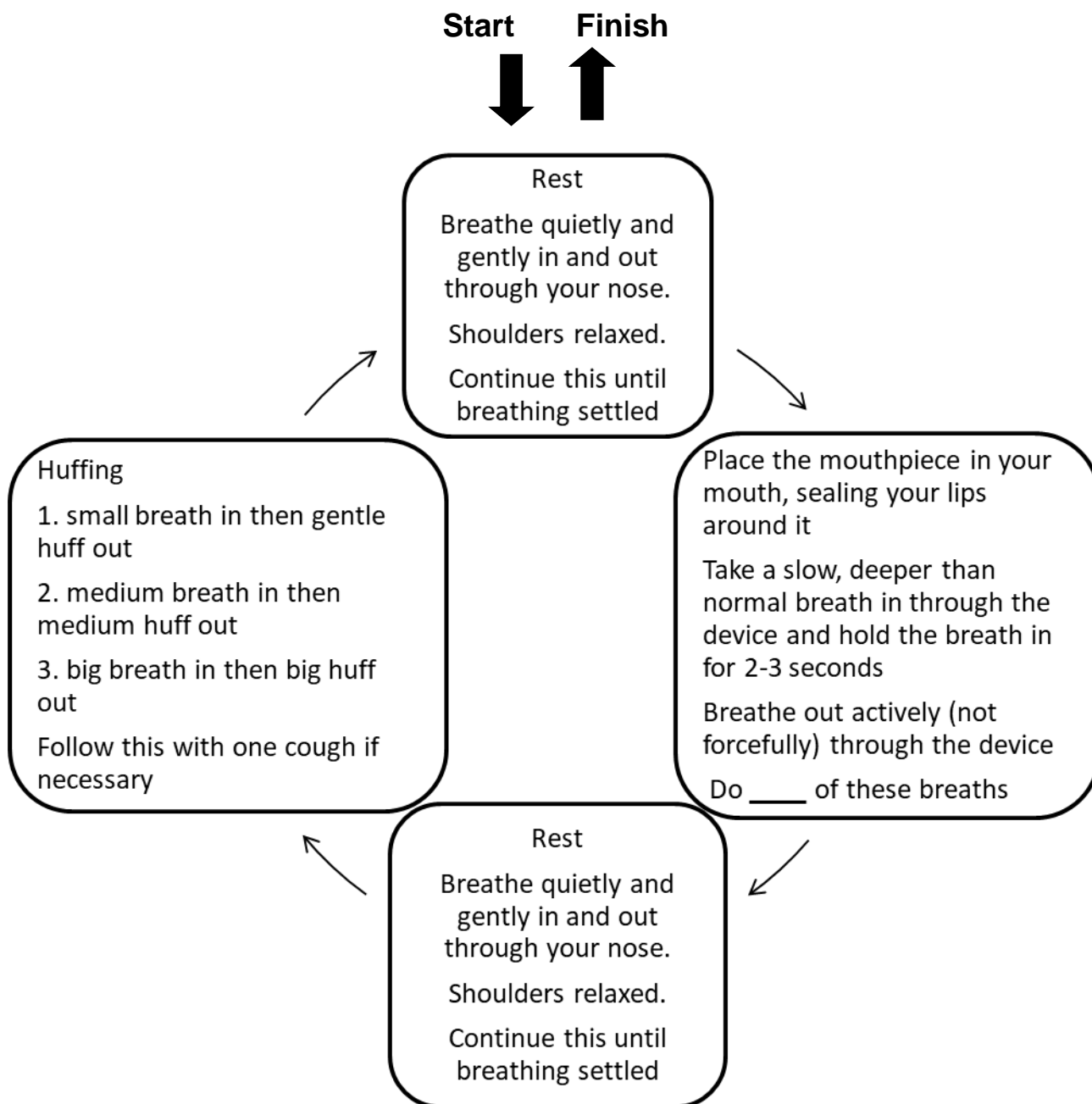


Patient Information

each use that your resistance indicator is set on _____

2. Sit in a comfortable upright position. Good posture is important in clearing your chest effectively.

Start and finish by settling and controlling your breathing



Keep working through this cycle for _____

Patient Information

Use your Aerobika _____ times a day to maintain your chest clearance when you are well. If you have a chest infection, you may need to increase this.

Daily cleaning of your Aerobika device

Cleaning your device properly is very important to reduce the risk of infection. The device should be cleaned every night at bedtime. That way when you wake up in the morning it will be clean and dry, ready for use.

1. Take apart the Aerobika. There are 4 parts to be cleaned:
 - a) the top case.
 - b) the bottom case.
 - c) the mouthpiece.
 - d) the valve cartridge

2. Soak the parts in lukewarm soapy water (warm water & dishwashing liquid) for 15 - 20 minutes.

3. Rinse in lukewarm tap water and then place the 4 parts on a clean towel or kitchen roll to air dry completely before putting the device back together. Do not rub it dry.

The Aerobika device is also dishwasher safe. Place it on the top shelf of your dishwasher. It is recommended that you put the 4 separate parts in a small basket to avoid them getting lost. Make sure all parts of the device are fully dried before putting it back together.

Weekly disinfection of your Aerobika

Always clean your Aerobika before disinfecting it.

Your Aerobika should be disinfected at least once a week using one of the methods below:

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1. Boiling - Boil a pan of tap water and simmer the Aerobika for 5 minutes, and then place the 4 parts on a clean towel or kitchen roll to air dry before reassembling it.

Or

2. Cold sterilising in a solution containing Milton fluid or a Milton tablet following the manufacturer's instructions.

If you have a chest infection, you should disinfect your Aerobika daily for the duration of the infection.

Your Aerobika device should be replaced either every 12 months or immediately if it is damaged. Contact your GP to prescribe a replacement Aerobika device.

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Document History

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