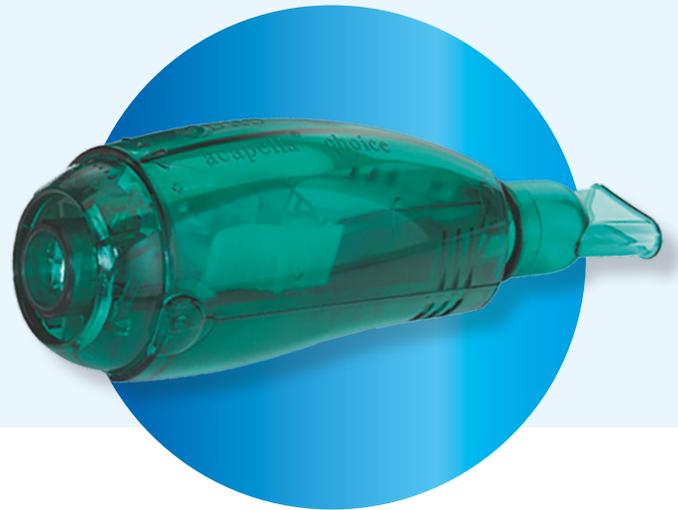


## HOW TO USE YOUR ACAPELLA

The Acapella is a simple handheld device designed to help clear sputum (phlegm) from the lungs. For this reason it is often used by patients who have chronic respiratory conditions, such as COPD and Bronchectasis, as part of their daily Physiotherapy routine.



### How does it work?

When you breathe out through the Acapella, your breath moves the rocker inside.

This causes the following effects:

1. *Vibrating the airways*: Helps to loosen the sputum
2. *Increasing the pressure in the airways*: Helps to keep the airways open so the sputum does not get trapped
3. *Increasing the speed of airflow in the airways*: Helps to move the sputum

The combined action of vibration, pressure and airflow helps to loosen sputum from the airways of the lungs and results in the sputum moving progressively up your airways until you can easily cough it out.

### How do I use it?

- Sit with your back straight and elbows resting on a table/desk.
- Take a slow deep breath in, and hold it for 2–3 seconds.
- Place the Acapella mouthpiece in your mouth and firmly close your lips around it.
- Breathe out at a fast, but not forceful, speed through the mouthpiece, keeping your cheeks flat and hard.

You may need to hold your cheeks in with your fingers. You should hear a purring sound and feel vibrations in your throat/chest.

- The Acapella can be used in any position.

### Instructions

1. Do \_\_\_\_\_ breaths into the Acapella.
2. Do \_\_\_\_\_ huffs.
3. Have a big cough.
4. Repeat this cycle \_\_\_\_\_ times.
5. Do this \_\_\_\_\_ times per day.

### Cleaning

Take the Acapella apart daily and wash the 4 pieces in warm, soapy water. Rinse with tap water and leave them to air dry. Store in a clean, dry location.

DO NOT use chlorine bleach or other chlorine containing products as they may damage the Acapella.