

HOW TO USE YOUR FLUTTER

The flutter is a simple handheld pipe-shaped 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 bronchiectasis, as part of their daily Physiotherapy routine.



The flutter has a hard plastic mouthpiece at one end, a perforated plastic cover at the other, and a stainless-steel ball resting in a plastic cone on the inside.

How does it work?

When you breathe out through the flutter, your breath moves the steel ball 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 Flutter in your mouth and firmly close your lips around the mouthpiece.

- 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.
- Tilt the flutter upwards or downwards until you feel the most vibrations down in the chest area. This is to get the best effect from the Flutter.

Instructions

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

Cleaning

Take the Flutter 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.