**acapella® Quick & Easy Usage Guide**

**acapella® for Positive Expiratory Pressure (PEP) Therapy**

**Green ≥ 15 lpm flow ; Blue ≤ 15 lpm flow**

**Procedure:** (See IFU for more detail)
- Close lips completely over the mouthpiece, use a nose clip as required, or use a breathing mask.
- Perform diaphragmatic breathing of a volume of air larger than normal tidal volume.
- Hold breath for 2-3 seconds.
- Exhale to FRC actively, but not forcefully.
- Set resistance dial such that patient exhales for a duration of 3-4 seconds.
- Perform 10-20 PEP breaths.
- Perform 2-3 "huff" coughs.
- Repeat as prescribed or appropriate.

**Contradictions:**
No absolute contradictions to the use of PEP Therapy have been reported, see IFU for more details.

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EzPAP® for Lung Expansion Therapy and the Treatment and Prevention of Atelectasis

Set-up:
• Connect tubing to 0-15 lpm flow meter and the device.
• Connect pressure manometer or tubing to device.
• Close lips completely over the mouthpiece, use a nose clip as required, or use a breathing mask.
• Set flow rate to 5 lpm. Increase flow until expiratory pressure of 10-20cm H$_2$O is achieved.

Procedure: (See IFU for more detail)
• Perform diaphragmatic breathing.
• Exhale to FRC actively, but not forcefully.
• Exhale for a duration of 3-4 seconds.
• Use on an intermittent basis (not for prolonged periods of time).
• Perform 2-3 "huff" coughs.
• Repeat as prescribed or appropriate.

Contradictions:
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