

### **What is an Oscillating Positive Expiratory Pressure Therapy System?**

An Oscillating Positive Expiratory Pressure Therapy System, or OPEP device, is designed to aid in the loosening and removal of mucus build-up in the lungs. You may need OPEP treatments if you have a lung disease such as cystic fibrosis or COPD where your lungs need help keeping up with the amount of mucus produced each day. OPEP therapy is done by inhaling and exhaling through the device several times, then 'huff coughing' to remove the loosened mucus.



## **AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)**



### **How does OPEP work?**

When you exhale through the device, you will feel very quick pulses of resistance against your exhaled breath. These pulses of resistance hold your airways open and help shake the excess mucus loose, pushing it out of the smaller airways, it can then be coughed out. If you have nebulizer treatments, your health care professional may even opt to combine them with your OPEP therapy to help reduce the overall time for your treatments!

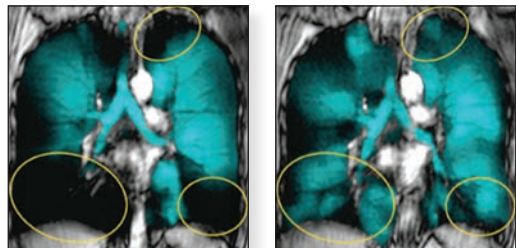
## AEROBIKA<sup>®</sup> OPEP for effective airway clearance

- Improves ease of bringing up sputum and improves lung function
- Aids in lung hygiene and helps prevent infection
- Reduces overall therapy time
- Easy to clean, disinfect and dishwasher safe
- Lightweight, ergonomic design fits comfortably in the hand
- Easy to learn for independent use
- Little interruption to daily living

## Airway clearance for Chronic Obstructive Pulmonary Disease (COPD)

A recent study of COPD patients showed use of the AEROBIKA<sup>®</sup> OPEP Therapy System for just 4 weeks created noticeable improvement in patients<sup>1</sup>

- Reduced dyspnea
- Increased gas distribution to previously unventilated areas
- Reduced hyperinflation (gas trapping)



Pre OPEP

Post OPEP

## What is active exhalation?

Active exhalation can best be described as the type of effort required to starting to blow up a balloon – but it is not as forceful as blowing out candles. The AEROBIKA<sup>®</sup> OPEP device will offer resistance to your exhaled breath meaning that you will need to exhale with more energy than you would normally.

## What is a 'huff cough'?

A 'huff cough' will help move mucus up and out of your lungs. Just like when you use your breath

to create fog on a mirror, you would take a short, shallow breath and exhale forcefully with your mouth in an 'O' shape. Your health care professional will help you with proper technique.

