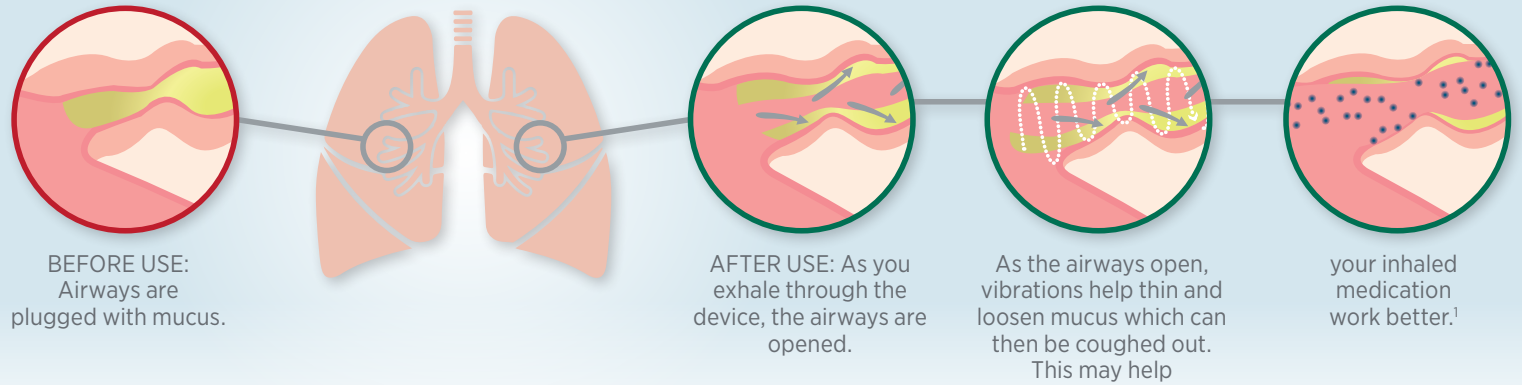


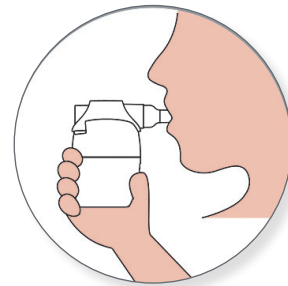
How the AEROBIKA® device works



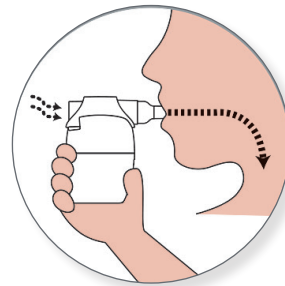
QUICK START STEPS



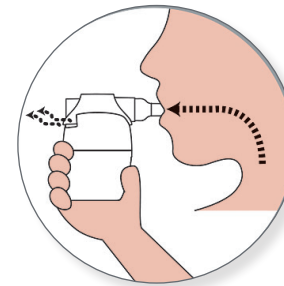
Aerobika
Oscillating Positive Expiratory Pressure Therapy System



1 CLOSE LIPS around mouthpiece.



2 INHALE and HOLD 2 to 3 seconds.



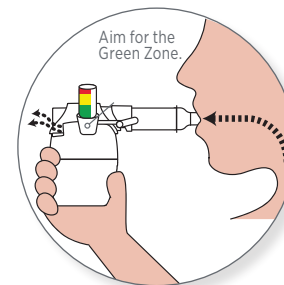
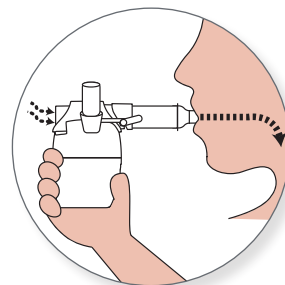
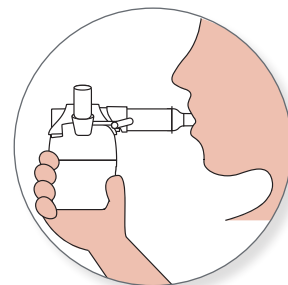
3 EXHALE slowly and firmly for at least 3 to 4 seconds.



4 REPEAT and cough as directed.



The manometer helps you target the proper therapeutic range and perform therapy correctly on your own.



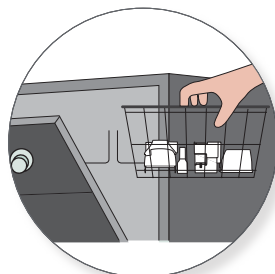
USE CLINICAL JUDGMENT TO SELECT THE APPROPRIATE CLEANING AND DISINFECTION METHOD AND FREQUENCY, BASED ON THE SEVERITY OF THE USER'S DISEASE STATE.

2 OPTIONS FOR CLEANING THE DEVICE

THIS DEVICE MAY BE CLEANED AFTER EACH TREATMENT.



WASH in warm soapy water.
RINSE in clean water.
AIR DRY thoroughly.



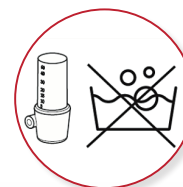
DISHWASHER SAFE
top rack in basket.

Always ensure your device is **COMPLETELY DRY** before putting it back together for use.

MONTHLY CLEANING

Separate the device into 4 or 5 pieces if using the manometer accessory prior to performing any of the cleaning/disinfection methods.

Soak the disassembled device in 1 cup vinegar and 1 cup water for 1 hour, then wash as normal.

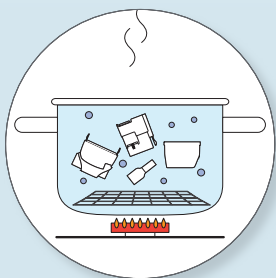


CAUTION:

Do not soak the manometer.
Simply remove from stem and wipe down.

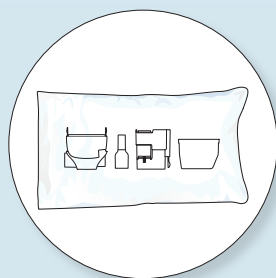
5 OPTIONS TO DISINFECT THE DEVICE

THIS DEVICE CAN BE DISINFECTED DAILY. DO NOT GO MORE THAN 7 DAYS WITHOUT DISINFECTING.



BOILING
Place in boiling water for 5 minutes.

OR



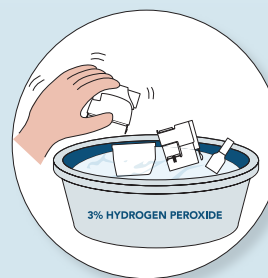
MICROWAVE STEAM BAG
Reference the manufacturer's instructions for use.

OR



70% ISOPROPYL ALCOHOL
Soak for 5 minutes.
Rinse thoroughly.

OR



3% HYDROGEN PEROXIDE
Soak for 30 minutes.
Rinse thoroughly.

OR



1:50 BLEACH TO WATER SOLUTION
Soak for 3 minutes.
Rinse thoroughly (not recommended for high level disinfection).

These are abbreviated instructions for cleaning and disinfection, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.