

Using The Aerobika®

People with some lung conditions such as cystic fibrosis, bronchiectasis with nontuberculous mycobacterial (NTM) disease and COPD often produce a large amount of mucus. If the mucus is allowed to collect in the airways, breathing may become difficult and infection may occur. The Aerobika® airway clearance device is a technique to help mobilize mucus from the airways.



How to Use the Aerobika®

1. **Assure proper setting of the resistance indicator on the Aerobika®.** This is on the same side as the mouthpiece. Your health care provider will set the indicator when you get your Aerobika®. Move the resistance indicator toward the + to increase resistance. Shift the indicator toward – to decrease resistance.
2. **Sit up with good posture to use the Aerobika®.** Sometimes we may have you lie in a postural drainage position to use the Aerobika®. Postural drainage positions include lying flat on your back, and alternating right and left sides. Your health care provider will show you postural drainage positions to use if these are recommended.
3. **Place the Aerobika® mouthpiece in your mouth.** Seal your lips tightly around the mouthpiece.
4. **Take in a fairly deep breath and hold it for about 2-3 seconds.**
5. **Exhale actively (but not too forcefully)** through the mouthpiece until you no longer hear the flutter. Keep your cheeks as firm as possible when you exhale.
6. **Repeat this maneuver for 10-20 breaths.** Try to resist coughing during this phase.
7. **Follow this cycle:**
 1. 10-20 blows
 2. 2-3 huffs
 3. One big cough to bring the sputum up and out

8. **Try not to swallow the mucus.**
9. **Huff coughing** is a type of coughing if you have trouble clearing your mucus. Take a breath that is slightly deeper than normal. Use your stomach muscles to make a series of 3 exhalations with the airway open, making a “ha, ha, ha” sound. Follow this by normal breathing and a deep cough if you feel mucus moving.
10. **Repeat cycle** for 10-15 minutes **2 to 4 times a day** (or as prescribed by your health care provider).
11. Your health care provider will tell you how many times a day to use the Aerobika®. If you use a short acting inhaled bronchodilator, use the Aerobika® 15 minutes after you inhale the medicine.

How to Use Your Aerobika® Oscillating PEP with your Nebulizer

The AerobiKA® Oscillating PEP device may also be used with a small volume nebulizer. Your healthcare provider will advise which medicine to use for combined treatments.

- Medicines which open your airways (e.g. albuterol) or help to thin mucus (e.g. hypertonic saline) may be used with your Aerobika® Oscillating PEP because they help remove or thin the mucus in your lungs.
- Medicines you want to stay in your lungs, like antibiotics, are not recommended to be used with your Aerobika/ Nebulizer.
- Remove the mouthpiece (or mask) from the nebulizer.
- Attach the nebulizer to the nebulizer port of the Aerobika® Oscillating PEP.
- Switch on the compressed air source, and complete your combined treatment using the breathing technique outlined above.
- Ensure your nebulizer is set-up correctly and medication has been added to the nebulizer cup.
- Make sure you have read and understood instructions provided prior to your treatment.

Daily Cleaning

Wash your device with warm soap and water at the end of each day.

- Soak the four disassembled parts of the device for 15 minutes. Agitate gently.
- Rinse the parts in warm water.
- To dry, shake the parts to remove any excess water.

Dishwasher (cleaning with overly dirty dishes is not recommended)

- The four disassembled parts may be washed in a dishwasher by securing the parts in a basket on the top rack. Wash them in a normal wash cycle with dishwasher detergent and rinse aid.
- **Always allow parts to air dry thoroughly before you reassemble the device.**

Reassembling the Device

- Insert the valve cartridge into the bottom case. If it does not slip easily into place, rotate 180° and try again.
- Connect the top and bottom cases until you hear both Attachment Tabs “click” (this may occur simultaneously).
- Ensure the tabs are engaged by firmly pressing the two halves together.
- Reattach the mouthpiece.



Disinfecting the Device

- The Aerobika® Oscillating PEP device should be disinfected weekly by using any of the methods listed below.
- If considered clinically necessary for the patients' disease state, the device may be sterilized after each use.
- Prior to disinfection, follow cleaning instructions. **Distilled water can be used to avoid build-up from mineral rich tap water.**

Boiling

- Place the four disassembled parts in a colander to prevent plastic parts from coming in contact with the hot bottom and gently place into boiling water for 5 minutes.
- Carefully remove parts from the water and allow to cool.

Microwave Steam Bag

- The four disassembled parts may be disinfected in the microwave in a steam cleaning bag (i.e. Quick-Clean MicroSteam bag) following the manufacturer's instructions using distilled water.
- Carefully remove from bag and allow parts to cool.

Isopropyl Alcohol (70%)

- The four disassembled parts may be soaked in 70% isopropyl alcohol for 5 minutes, rinse well.

Hydrogen Peroxide (3%)

- The four disassembled parts may be soaked in 3% Hydrogen Peroxide for 30 minutes, rinse well.

Always allow parts to air dry thoroughly before you reassemble the device.

CAUTION: Failure to follow the cleaning or disinfecting instructions may have an adverse effect on device performance.

NOTES:

- This is a SINGLE PATIENT USE device.
- Do not share this medical device.
- This product should be replaced after 6 months of use or immediately if damaged.

How to replace the Aerobika®

You have options to replace the Aerobika®: To replace the Aerobika® you need a prescription from your local health care provider. The prescription is for the Aerobika® PEP Device for airway clearance,

Your local health care provider may fax or the prescription to:

- CF Specialty Pharmacy / Walgreens
- Children's Hospital Colorado
- Phone: 800.541.4959
- Fax: 800.263.0251

You may take the prescription to a local home care company.

You may call Monaghan Medical customer service at 800.833.9653.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of the Mount Sinai – National Jewish Health Respiratory Institute. It is not meant to be a substitute for consulting with your own physician.