



## Aerobika® OPEP Device – Provides Essential Airway Clearance Treatment (ACT) in Cystic Fibrosis (CF)

**Aerobika® OPEP device results in high patient satisfaction rate**

In a UK study, 61 Cystic Fibrosis patients evaluated **Aerobika®** OPEP device:<sup>1</sup>

**95%** found the **Aerobika®** OPEP device easy to use

**90%** wanted to continue using the **Aerobika®** OPEP device

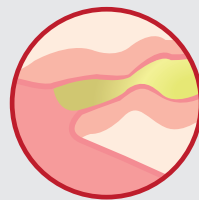
Persistent cough  
Thick mucus  
shortness of  
**breath?**  
Recurring lung  
infection

If you have experienced any of these symptoms, the **Aerobika®** OPEP device may help.

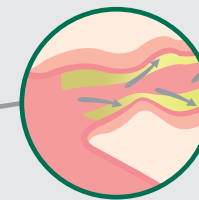
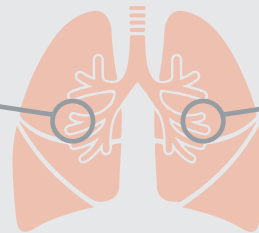
[aerobika.ca](http://aerobika.ca)

**Aerobika**  
Oscillating Positive  
Expiratory Pressure Therapy System

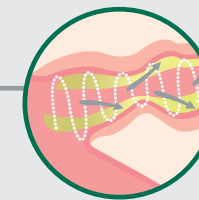
How the **Aerobika®** OPEP device works:



**BEFORE USE:**  
Airways are plugged with mucus



**AFTER USE:** As you exhale through the device, the airways are opened



As the airways open, vibrations help thin and mobilize mucus which can then be coughed out.



This may help your inhaled medication work better<sup>2</sup>

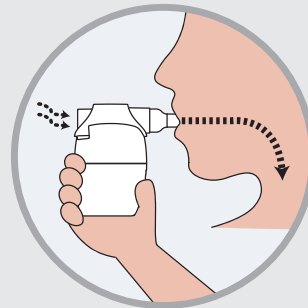
The **Aerobika®** OPEP device is easy to use:

- Disassembles into four parts for ease of cleaning and disinfection
- Position independent
- Inhale and exhale without removing from mouth
- Adjustable resistance settings
- Can be combined with nebulizer therapy to reduce overall treatment time

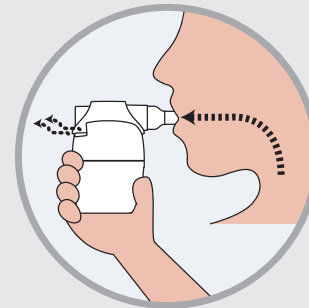
## HOW TO USE



**1 CLOSE LIPS**  
around mouthpiece



**2 INHALE and HOLD**  
2-3 seconds



**3 EXHALE**—slowly,  
steady, firmly



**4 REPEAT** and  
huff cough

## HOW TO CLEAN



**1 WASH**  
in soapy water



**2 RINSE**  
in clean water



**3 AIR DRY**  
thoroughly



**DISHWASHER SAFE**  
top rack in basket

## DISINFECTION INSTRUCTIONS

If considered clinically necessary for the patients' disease state, the device may be cleaned after each use and disinfected once each treatment day. Sterile water must be used for rinsing.

### RECOMMENDED METHOD –

**ELECTRONIC STEAM STERILIZER:**  
The four disassembled parts may be disinfected using an electronic steam sterilizer following the manufacturer's instructions for use. Allow the parts to cool and air dry thoroughly before reassembly.

### ALTERNATIVE METHODS

**BOILING:** Place the four disassembled parts in a pot when boiling point has been reached and allow to boil for 5 minutes. Remove from water and allow parts to cool and air dry thoroughly before reassembly. (NOTE: Place a small rack, at the bottom of the pot to protect plastic parts from coming in contact with the hot bottom)

**MICROWAVE STEAM BAG:** The four disassembled parts may be disinfected in the microwave in a steam cleaning bag (i.e. QuickClean<sup>†</sup> MicroSteam<sup>†</sup> bag) following the manufacturer's instructions. Remove from bag and allow parts to cool and air dry thoroughly before reassembly.

**ISOPROPYL ALCOHOL (70%):**  
Soak four disassembled parts in 70% isopropyl alcohol for 5 minutes. Rinse well and allow to air dry thoroughly before reassembly.

**HYDROGEN PEROXIDE (3%):**  
Soak four disassembled parts in 3% hydrogen peroxide for 30 minutes. Rinse well and allow to air dry thoroughly before reassembly.

Also check Instructions for use.



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Manufactured in Canada with Canadian and USA Parts.



Scan to watch  
how to use  
and how to clean



**BREATHE**  
the lung association<sup>®</sup>

The Lung Association believes that the **Aerobika<sup>®</sup>** OPEP device is a drug-free way to open airways, clear mucus and reduce breathlessness.