

Aerobika[®]: Oscillating Positive Expiratory Pressure (OPEP) Device - for Drug-Free Airways Clearance¹



Aerobika[®]

Oscillating Positive
Expiratory Pressure Device

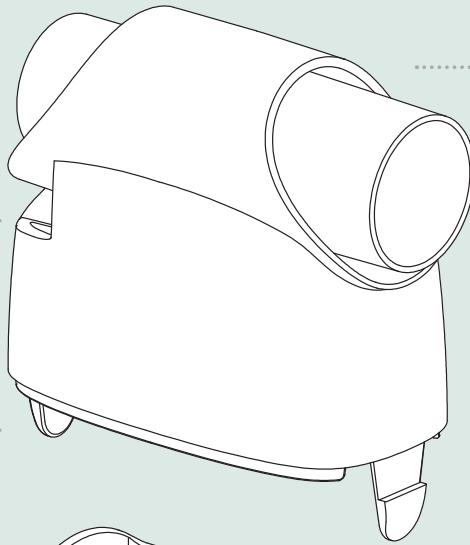


TRUDELL MEDICAL
UK LIMITED

Getting to know your Aerobika® OPEP device

Nebuliser port

Standard 22-mm fitting accommodates small-volume nebulisers for combined aerosol treatments



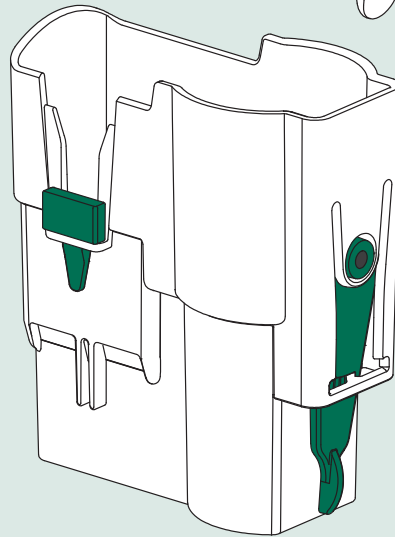
One-way valve

Low-resistance valve allows inhalation and exhalation without removing from mouth

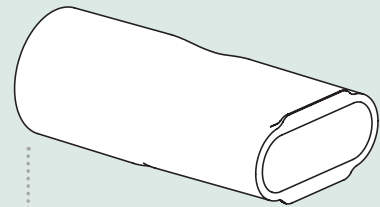
Exhalation ports

Exhaled breath is directed away from the user

Attachment tabs



Valve cartridge

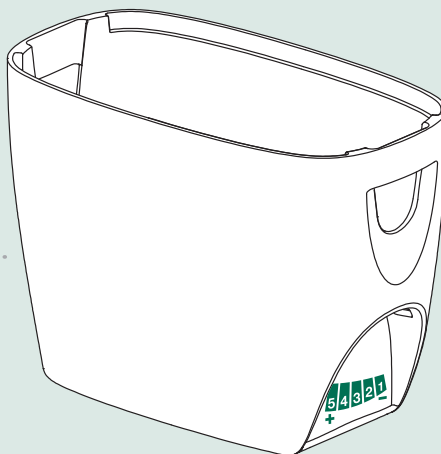


Mouthpiece

Resistance indicator

Five resistance settings allow the device to be adjusted to each patient's capacity – one device for all patient groups (for pressures of 10 to 30 cm H₂O)

Bottom case



Lightweight ergonomic design

Fits comfortably in the hand. Resistance is not position-dependent, so patients can hold the device in the most natural position

Correct assembly

Designed to ensure correct assembly every time, to be easy to clean/disinfect and to be dishwasher safe

How to clean your *Aerobika*[®] OPEP device

Please clean your *Aerobika*[®] OPEP device daily. Vulnerable patients, such as those with cystic fibrosis, should clean their device after each use.

Soap and water

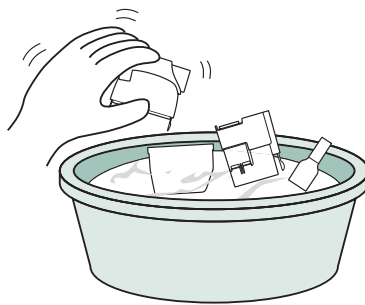
1

Wash the four parts in a solution of lukewarm, clean water and liquid dish detergent, allowing the parts to soak for 15 minutes. Agitate gently.



2

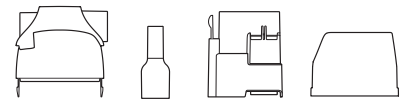
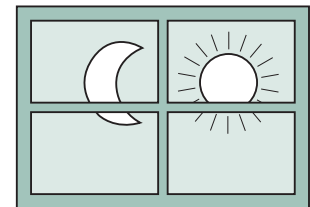
Rinse only in warm water.



3

To dry, shake the parts to remove any excess water.

Allow parts to air dry thoroughly before you put the parts back together.



OR

Dishwasher

1. The four disassembled parts may be washed in a dishwasher by securing parts in a basket on the top rack. Wash in a normal wash cycle with dishwasher detergent, **ensuring use of rinse aid**
2. If excess water remains, shake the parts and allow to air dry thoroughly before reassembly
3. Washing with overly dirty dishes is not recommended



Note

Tap water and hypertonic saline nebulisers can be high in minerals. This may result in scale build-up on your *Aerobika*[®] OPEP device. If this is noticed, soak the disassembled device in a solution made of equal parts white vinegar and water for 1 hour, then wash and disinfect as normal.

How to disinfect your *Aerobika*[®] OPEP device

If necessary, disinfect your *Aerobika*[®] OPEP device weekly. Vulnerable patients, such as those with cystic fibrosis, should disinfect their device daily. Prior to disinfection, please follow cleaning instructions. After cleaning, do not dry or reassemble the device.

Hot methods

1. Electronic steam steriliser (recommended)

The four disassembled parts may be disinfected using an electronic steam steriliser for baby bottles, following the manufacturer's instructions for use. The disinfection cycle should last approximately 15 minutes. Allow the parts to cool and air dry thoroughly before reassembling.



2. Boiling

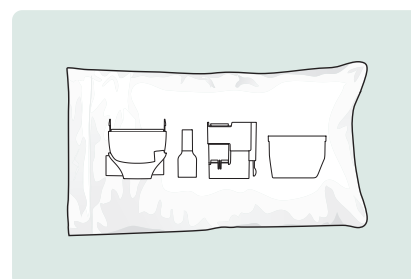
Place the four disassembled parts in a pot when boiling point has been reached and allow to boil for 5 minutes. Please ensure all parts of the *Aerobika*[®] OPEP device are covered with boiling water, and do not allow the pot to boil dry. Remove from water and allow parts to cool and air dry thoroughly before reassembly.



Important: Place a small rack on the bottom of the pot to prevent plastic parts from coming into contact with the hot base of the pan.

3. Microwave steam bag

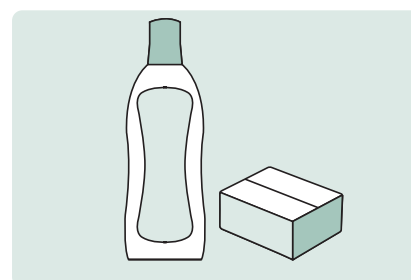
The four disassembled parts may be disinfected in a microwave in a steam cleaning bag, following the manufacturer's instructions. Remove from bag and allow parts to cool and air dry thoroughly before reassembly. Position parts in the bag as shown in the figure.



Cold method

1. Milton[†] soak

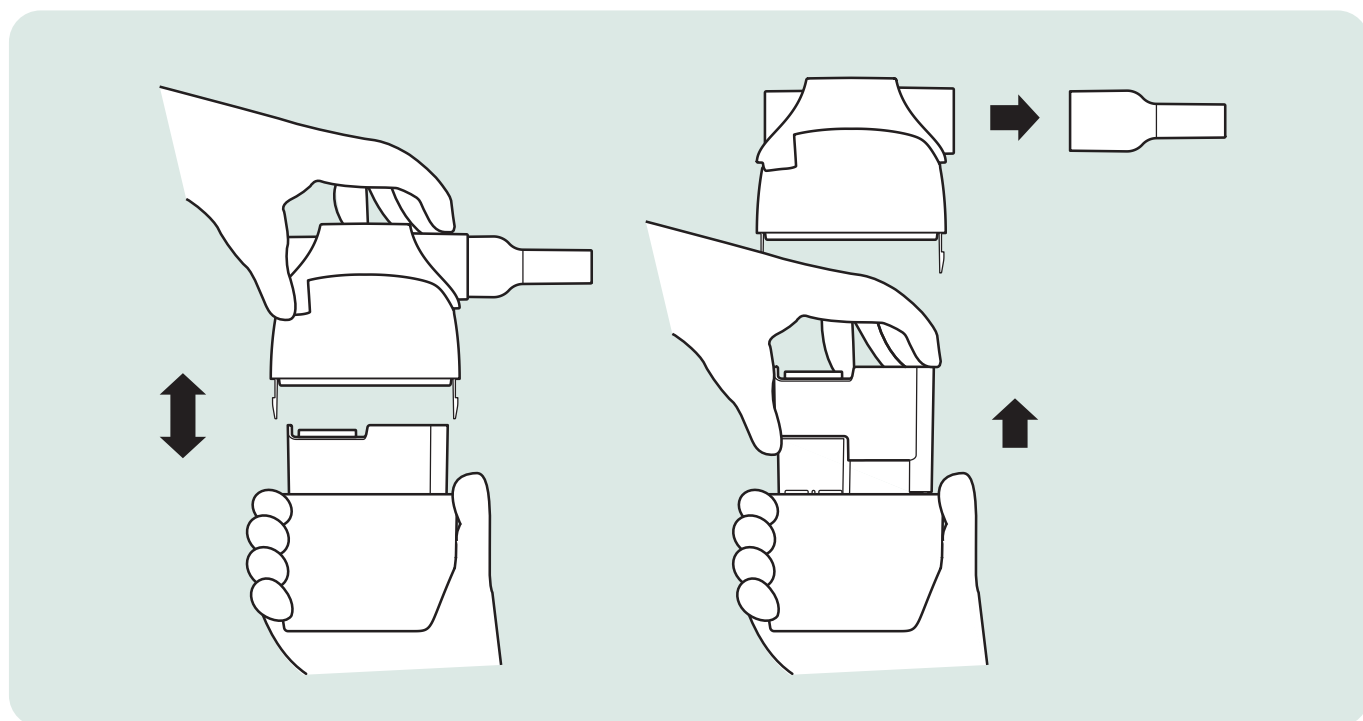
Soak the four disassembled parts in a solution containing either Milton[†] fluid or a Milton[†] tablet, following the manufacturer's instructions.



How to take your *Aerobika*® OPEP device apart for cleaning

Your *Aerobika*® OPEP device will disassemble into four parts for cleaning: the mouthpiece, top case, bottom case and valve cartridge.

1. Press the attachment tabs on either side of the device. Holding the tabs in, gently pull up on the top case until the two parts separate
2. Remove the valve cartridge. **Do not disassemble any part of the cartridge**
3. To remove the mouthpiece, grip firmly and rotate while pulling away from the device



How to reassemble your *Aerobika*® OPEP device (see schematic on page 2)

1. Insert the valve cartridge into the bottom case. If it does not slip easily into place, rotate 180° and try again
2. 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
3. Reattach the mouthpiece

How to dispose of your device

The **Aerobika**[®] OPEP device can be disposed of with domestic waste unless prohibited by your local authority.

Notes

- Single patient use. Do not share your **Aerobika**[®] OPEP device with others
- This product has not been made (or manufactured) with Bisphenol A (BPA) or natural rubber latex
- If you are unable to exhale through the device, check the resistance setting or try cleaning the device thoroughly
- Store your **Aerobika**[®] OPEP device in a dry, dust-free place, avoiding continuous exposure to sunlight
- Storage and operating range: 15°C–45°C (59°F–113°F) at ambient to 85% relative humidity
- Please have your **Aerobika**[®] OPEP device replaced either after 12 months or immediately if it is damaged



Scan QR code for more information on how to clean and assemble your **Aerobika**[®] OPEP device.

Aerobika[®]

Oscillating Positive
Expiratory Pressure Device

Reference: 1. Aerobika[®] Oscillating Positive Expiratory Pressure Therapy System. Instructions for use. 110157-001 Rev A.

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