



Using The AerobiKA®

People with some lung conditions such as cystic fibrosis, bronchiectasis with mycobacterial 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®

- 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.
- 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, flat on your side and alternating sides. Your health care provider will show you postural drainage positions to use if these are recommended.
- Place the AerobiKA® mouthpiece in your mouth. Seal your lips tightly around the mouthpiece.
- Take in a fairly deep breath and hold it for about 3 seconds.
- Exhale actively (but not too forcefully) as much as possible through the mouthpiece. Keep your cheeks as firm as possible when you exhale.
- Repeat this maneuver for 10-20 breaths. Try to resist coughing during this phase.
- **After these 10-20 blows, perform 2-3 huffs, then a big cough to bring the sputum up and out. Try not to swallow the mucus.**
- 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 rapid 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.
- Repeat these steps for 15 minutes 2 to 4 times a day (or as prescribed by your health care provider).
- 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 with a 22 mm adapter. 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 taken after you have completed your treatment.
- Ensure you have read and understood the instructions provided with your nebulizer prior to starting your treatment.
- Ensure your nebulizer is set-up correctly and medication has been added to the nebulizer cup.
- 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.

Cleaning the Device

Soap and Water

- Soak the four disassembled parts of the device for 15 minutes. Agitate gently.
- Rinse the parts in warm distilled water.
- 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

- 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.
- If excess water remains, shake the parts and allow them to air dry thoroughly before reassembling.
- Dishwashing with overly dirty dishes is not recommended.

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.
- **Note:** Distilled water is recommended to reduce potential build-up from mineral-rich tap water.



Disinfecting the Device

- If necessary, the AerobiKA® Oscillating PEP device should be disinfected once every treatment day using any of

the methods listed below.

- Prior to disinfection, follow cleaning instructions. Do not dry or reassemble the device.

Recommended Disinfecting Method – Electronic Steam Sterilizer

- The four disassembled parts may be disinfected using an electronic steam sterilizer for baby bottles, following the manufacturer's instructions for use (e.g. AVENT Electronic Sterilizer). The disinfection cycle should last about 15 minutes. Allow the parts to cool and air dry thoroughly before reassembling.

Boiling

- Place the four disassembled parts in distilled water that has reached the boiling point and allow them to boil for 10 minutes.
- Remove the parts from the water and allow the parts to cool and air dry thoroughly before reassembling.
- **Note:** Place a small rack, cloth or other heat resistant material on the bottom of the pot to prevent 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. Quick-Clean MicroSteam bag) following the manufacturer's instructions using distilled water. Remove from bag and allow the parts to cool and air dry thoroughly before reassembling.

Isopropyl Alcohol (70%)

- The four disassembled parts may be soaked in 70% isopropyl alcohol for 5 minutes, rinse well with distilled water and allow to air dry thoroughly before reassembling.

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

How to Replace the AerobiKA®

You have several options to replace the AerobiKA®: To replace the AerobiKA® you need a **prescription** from your local health care provider.

- Take the prescription to a local home care company.

Note: This information is provided to you as an educational service of National Jewish. It is not meant to be a substitute for consulting with your own physician.

©Copyright 2013, 2014. NATIONAL JEWISH HEALTH. PTE.302

