



LUNG SASK

AEROBIKA

Secretion Clearance Device

HOW TO USE THE AEROBIKA

Before use:

- Check the Aerobika for any cracks, damage, or anything in the mouthpiece.
- Make sure the resistance setting is what your health professional told you to use.

Note: If you see any damage, use a new device.

1. Close your lips around the mouthpiece so no air escapes. Sit comfortably and relax.
2. Breathe in slowly and deeply through the device (but don't fill your lungs all the way).
3. Hold your breath for 3 seconds.
4. Breathe out slowly through the device. Don't blow too hard. Keep your cheeks firm and your lips sealed around the mouthpiece.
5. Try to exhale 3-4 times longer than your breath in.
6. Repeat steps 2-5 for 10-20 breaths.
7. Do 2 or 3 "huff coughs" to help clear your lungs. Ask your health professional how to do a huff cough the right way. **Note:** Try not to cough during the treatment. Wait until the end.
8. Keep doing this cycle for 10 to 20 minutes or as your health professional says.



1. Seal your lips around the mouthpiece



2. Breathe in slowly and deeply



3. Hold breath for 3 seconds



4. Breathe out slowly through the device
5. Exhale 3-4x longer than your breath in



6. Repeat steps 2-5 for 10-20 breaths



7. Do 2-3 huff coughs



8. Continue for 10-20 minutes

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CLEANING OF YOUR AEROBIKA

1. Take the device apart into 4 parts:

- Mouthpiece
- Top case
- Bottom case
- Valve cartridge

2. Choose one way to clean:

- Soap and Water
 - Soak parts in warm soapy water for 15 minutes.
 - Gently move parts around in the water.
 - Rinse with warm, distilled water.
 - Shake off excess water and let all parts air dry.
- Dishwasher
 - Put parts in a basket on the top rack.
 - Run a regular cycle with dishwasher soap and rinse aid.
 - Shake off extra water and let air dry.

Note: Do not wash the Aerobika with heavily soiled dishes.

3. Put the device back together when everything is dry:

- Put the valve cartridge in the bottom case.
- Snap the top and bottom cases together.
- Put the mouthpiece back on.

Note: Clean the device after every use.

DISINFECTING YOUR AEROBIKA

Only disinfect after cleaning. Do not dry or put the device back together before disinfecting.

You can choose one way to disinfect:

- Electronic Steam Sterilizer (Best Option)
 - Follow the instructions from the sterilizer company.
 - Run for about 15 minutes.
 - Let parts cool and air dry.
- Bleach
 - Mix 1 tablespoon of bleach with 3 cups of water.
 - Soak parts for 3 minutes.
 - Rinse well with distilled water.
 - Let parts air dry.
- Boiling
 - Put a small rack or towel in the bottom of the pot.
 - Boil the parts in distilled water for 10 minutes.
 - Let parts cool and air dry.
- Microwave Steam Bag
 - Follow the steam bag instructions.
 - Use distilled water.
 - Let parts cool and air dry.
- Isopropyl Alcohol (70%)
 - Soak parts for 5 minutes.
 - Rinse well with distilled water.
 - Let parts air dry.

Note: Disinfect your Aerobika once a day on the days you use it.



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For video instruction:
lungsask.ca/inhaler-resources