



Montreal Chest Institute

Chest Physiotherapy //

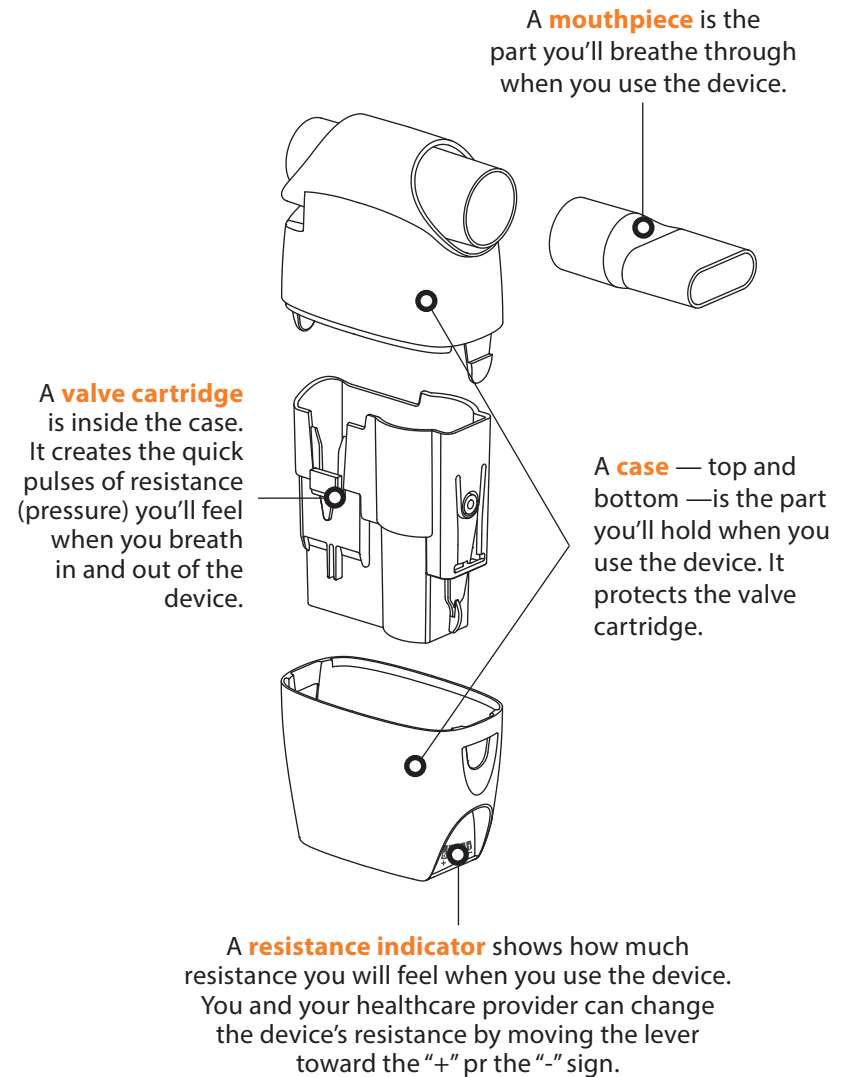
How to use Aerobika®



This pamphlet explains how to use and clean your chest physiotherapy device.

// What is an Aerobika?

An Aerobika® is a small handheld device you breathe into. Using your Aerobika® can help clear secretions (mucus) from your airways, making it easier to breathe.



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// How to use Aerobika®?



BEFORE USING YOUR AEROBIKA®



- If your healthcare provider told you to use your Aerobika® along with a short-acting bronchodilator (medication you breathe in to help open your airways) such as Ventolin® or Bricanyl®, use the bronchodilator 15 minutes before you use your Aerobika®.
- Check your Aerobika®'s resistance indicator. Make sure the lever is where your healthcare provider told you to put it. If there is not enough resistance, move the lever toward the "+" sign to increase it. If there is too much resistance, move the indicator toward the "-" sign to decrease it.

BREATHING EXERCICES

- Sit in a chair with your back straight and feet on the floor. Then, do the following 4 exercises.
- If your cheeks vibrate a lot, try holding them down with your hand.
- Try to avoid coughing during this phase.

Exercise 1: Normal breathing

- 1- Breathe in through your nose (normal size breath).
- 2- Hold your breath for about 3 seconds.
- 3- Blow out through the Aerobika® (normal breath out).
- 4- Repeat these steps 5 to 15 time.

Exercise 2: Breathing without emptying your lungs

- 1- Take a big breath in through your nose (try to take the biggest breath possible).
- 2- Hold for about 3 seconds.
- 3- Blow out through the Aerobika® until there is only a small amount of air left to blow out (do not empty your lungs completely, keep a little bit of air inside your lungs).
- 4- Repeat this step once or twice.

Exercise 3: Normal breathing and huffing

- 1- Put the Aerobika® device aside and take a normal breath in through your nose.
- 2- Then do a "Huff" procedure (a special way of coughing to help get mucus out of your lungs):
 - a. Take a breath in a little deeper than usual.
 - b. Use your abdominal (belly) muscles to forcefully breathe out 3 times. Don't inhale (breathe in) in between these three efforts. To do this well, think about wanting to fog up a mirror or a window. It is important not to breathe in between the exhales (breaths out).
 - c. After this, go back to breathing normally.
- 3- Repeat this step three times.

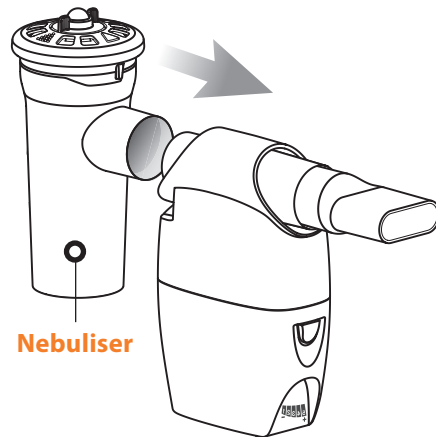
Exercise 4: Coughing

- 1- Give one big cough to bring the mucus up and out of your airway.
- 2- Try to spit the mucus out. Do not swallow it.
- 3- You can repeat the coughing as needed.

Repeat these steps for 10 to 15 minutes at least twice per day. If your healthcare provider tells you to use your Aerobika® more or less often, follow their instructions instead.

USING YOUR AEROBIKA® WITH A NEBULIZER

A nebulizer is a machine that changes a liquid medication into a mist that you can breathe in. Aerobika® can be combined with certain aerosolized treatment, such as hypertonic saline or inhaled antibiotics, to increase the efficacy of the treatments. This allows you to combine both treatments to save time.



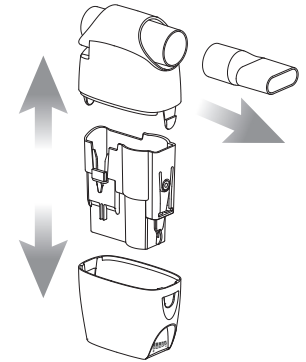
Once these two are connected together, you then ensure the nebulizer is filled with the medication and connected to the air compressor by the tubing provided. You turn on the compressor when you are ready to start

// Cleaning and disinfecting Aerobika®

WASHING YOUR AEROBIKA®

- You can clean your Aerobika®'s parts by hand or in a dishwasher.
- Wash your Aerobika® every evening.
- Disinfect it once a week or as often as your healthcare provider tells you to.

When you're ready to wash or disinfect your Aerobika®, take it apart so the top case, bottom case, cartridge, and mouthpiece are separate.



a. To wash the parts by hand

1. Fill a container with warm water and mild liquid soap. Make sure it's big enough to hold all the Aerobika®'s parts.
2. Put the parts in the soapy water and gently swish them around. Let them soak for 15 minutes.
3. Take the parts out of the soapy water. Rinse them with warm running water.
4. Shake the parts to get rid of any extra water. Let them air dry completely before you put them back together.

If the water hardness in your area is high, we recommend using distilled water instead of tap water to avoid calcium build up which can affect the function of the device.

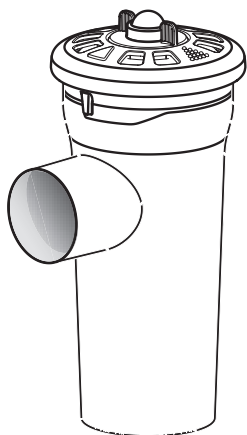
b. To wash the parts in a dishwasher

1. Put the Aerobika®'s parts in a dishwasher-safe plastic basket on the dishwasher's top rack.
2. Start a normal wash cycle using dishwasher detergent and a rinse aid.
3. If the parts aren't totally dry when you take them out of the dishwasher, let them air dry completely before you put them back together.

Don't put your Aerobika®'s parts in the dishwasher with very dirty dishes.

CLEANING YOUR NEBULIZER

If you are using the Aerobika[®] with a nebulizer, please clean the nebulizer at the same time that you clean your Aerobika[®].



DISINFECTING YOUR AEROBIKA[®]

Wash your Aerobika[®]'s parts (following the instructions in the "Washing your Aerobika[®]" section) before disinfecting them. Then, disinfect the parts using one of these 4 ways:

a. By boiling them

1. Boil water in a pot on the stove.
2. Put the separated parts in a metal colander (container with holes to let water drain out). This protects them from touching the pot's hot bottom.
3. Gently put the colander into the boiling water. Make sure all the parts are under water. Leave them there for 5 minutes.
4. Carefully lift the colander out of the boiling water. Set it aside to let it cool.
5. Let the parts air dry completely before you put them back together.

b. In a microwave steam cleaning bag

1. Follow the instructions that come with the microwave steam cleaning bag.
2. Let the parts cool before you take them out of the bag.
3. Let the parts air dry completely before you put them back together.

You can buy microwave steam cleaning bags at some supermarkets or online.

c. With 70% or stronger isopropyl alcohol

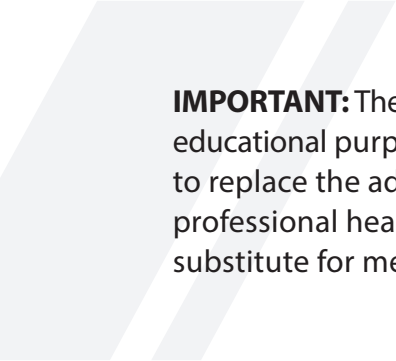
1. Put the separated parts in a container.
2. Pour the isopropyl alcohol into the container until the parts are completely covered. Let them soak for 5 minutes.
3. Take the parts out of the isopropyl alcohol. Rinse them well with running water.
4. Let the parts air dry completely before you put them back together.

You can buy 70% or stronger isopropyl alcohol at your local supermarket or pharmacy without a prescription.

d. With 3% hydrogen peroxide

1. Put the separated parts in a container.
2. Pour 3% hydrogen peroxide into the container until the parts are completely covered. Let them soak for 30 minutes.
3. Take the parts out of the hydrogen peroxide. Rinse them well with running water.
4. Let the parts air dry completely before you put them back together.

You can buy 3% hydrogen peroxide at your local supermarket or pharmacy without a prescription.



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