

Respiratory

Aerobika mucus clearance device

If you have any questions about using your Aerobika device, please contact the COPD Team on 024 7623 7005.

The Aerobika is an oscillating positive expiratory pressure (OPEP) device. It should be used in combination with your breathing exercises to help you clear phlegm from your chest.

The Aerobika works by helping to keep your airways open, and provides vibrations you will feel, to thin and loosen the mucus in your lungs.



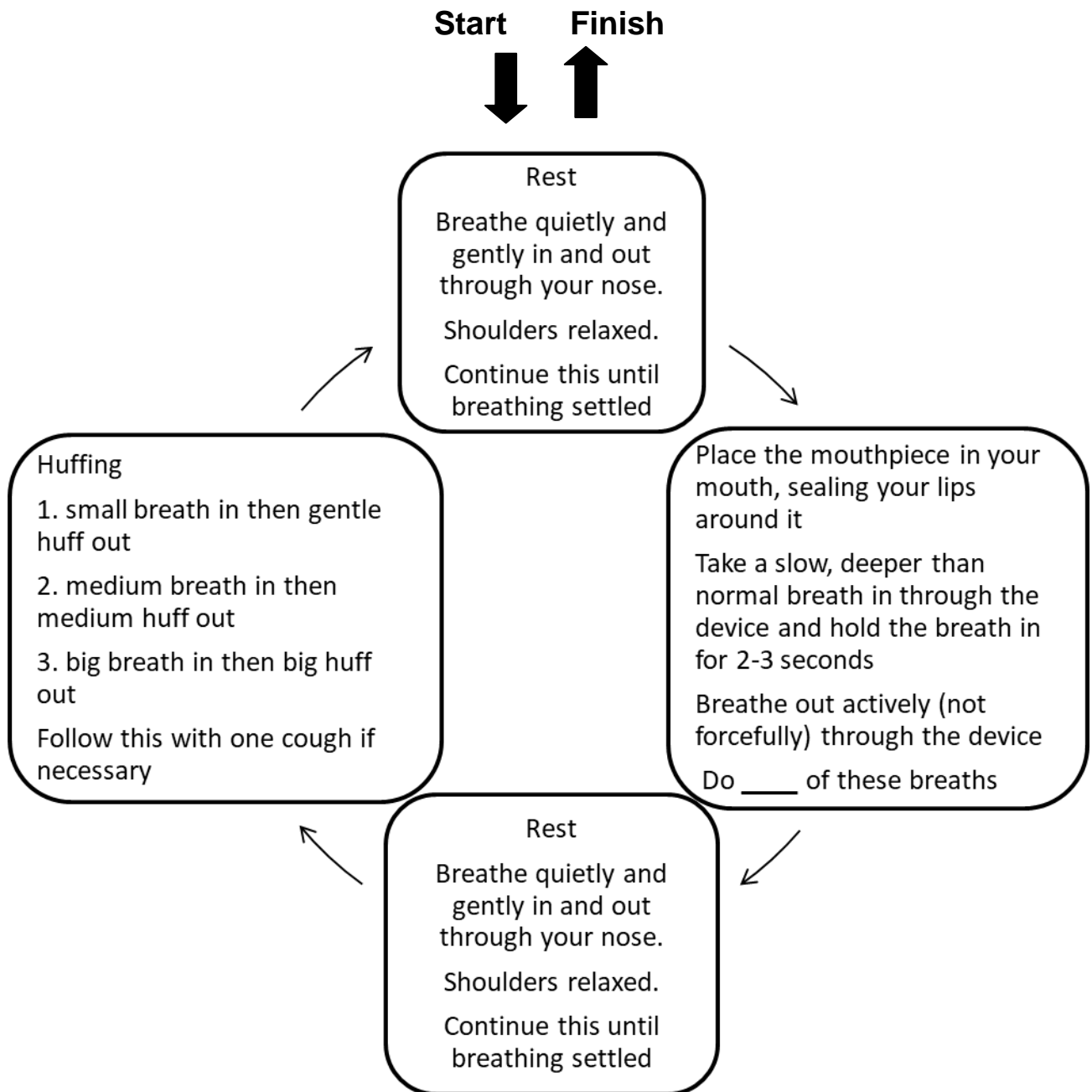
Using your Aerobika

1. If this is the first time you will use your Aerobika, the physiotherapist will decide on what level the resistance indicator should be set. Check before each use that your resistance indicator is set on _____
2. Sit in a comfortable upright position. Good posture is important in clearing your chest effectively.



Patient Information

Start and finish by settling and controlling your breathing



Keep working through this cycle for _____

Use your Aerobika _____ times a day to maintain your chest clearance when you are well. If you have a chest infection you may need to increase this.

Patient Information

Daily cleaning of your Aerobika device

Cleaning your device properly is very important to decrease the risk of infection. The device should be cleaned every night at bedtime. That way when you wake up in the morning it will be clean and dry, ready for use.

1. Take apart the Aerobika. There are 4 parts to be cleaned:
 - a) the top case;
 - b) the bottom case;
 - c) the mouthpiece;
 - d) the valve cartridge
2. Soak the parts in lukewarm soapy water (warm water & dishwashing liquid) for 15-20 minutes.
3. Rinse in lukewarm tap water and then place the 4 parts on a clean towel or kitchen roll to air dry completely before reassembling the device. Do not rub it dry.

Alternatively, the Aerobika is dishwasher safe for the top rack of the dishwasher. It is recommended that you put the 4 separate parts in a small basket to avoid them getting lost. Make sure it is fully dry before reassembling it

Weekly disinfection of your Aerobika

Always clean your Aerobika before disinfecting it.

Your Aerobika should be disinfected at least once a week using one of the methods below:

1. Boiling - Boil a pan of tap water and simmer the Aerobika for 5 minutes, and then place the 4 parts on a clean towel or kitchen roll to air dry before reassembling it.

Or

2. Cold sterilising in a solution containing Milton fluid or a Milton tablet following the manufacturer's instructions

Patient Information

If you have a chest infection, you should disinfect your Aerobika daily for the duration of the infection

Your Aerobika device should be replaced either every 12 months or immediately if it is damaged.

Contact your GP to prescribe a replacement Aerobika device

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 02476 237005 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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