



## **How to Use Your Acapella**

1. With the first use of the Acapella, ensure that the dial is turned counter-clockwise to the lowest setting (frequency/resistance increase clockwise).
2. To take a nebulizer treatment at the same time, attach the nebulizer to the end of the Acapella.
3. Place the mouthpiece lightly in your mouth; maintain a tight seal on the mouthpiece during inspiration. Use nose clips if necessary.
4. Relax and slowly take in a breath that is a little deeper than normal.
5. Hold your breath for two to three seconds.
6. Exhale, slowly but fully, through the Acapella.
7. Repeat for 10 breaths.
8. Remove the mouthpiece and do two to three huff coughs to raise secretions as needed.
9. Repeat steps 3 through 7 to work up to at least three sets of 10 breaths each.

Below are some points to remember when using your Acapella:

- You should be using your Acapella for at least 15-20 minutes twice a day or as your doctor told you.
- It is important to breathe in slowly, hold your breath for two to three seconds and try not to cough.
- Exhale for three to four seconds while the device vibrates. If you cannot blow out for three to four seconds, adjust the dial clockwise.
- You should be able to feel the vibrations in your chest.

Below are some points to remember when cleaning your Acapella:

- Clean your Acapella as needed.
- Detach the mouthpiece and pull the Acapella apart and remove the “rocker.”
- Soak the parts in warm soapy water and then rinse and dry.
- Drain the device by placing the unit on a table with the mouthpiece end downward or by resting the unit on its side.
- You can also wash it in the top rack of the dishwasher.