

PEPaid®: INSTRUCTIONS FOR USE

The product is intended for those needing to increase the volume of air in the lungs, or needing assistance to get rid of mucus or sputum.

To use your PEPaid:



Perform the breathing exercises in a position as upright as possible.

- The light green PEPaid has the least resistance (largest hole), there is slightly more resistance in the light blue one, even more in the yellow one, and the orange-coloured one has the greatest resistance (smallest hole).
- Choose the PEPaid into which you can do 2–3 sets of 8–10 consecutive exhales, without too much effort.
- Close your lips tightly around the PEPaid's wide part, which you keep inside or outside your front teeth.
- Inhale deeply, preferably through your nose.
- Exhale calmly and smoothly through the mouthpiece.
A common prescription is 2–3 sets of 8–10 consecutive exhales.
- If you have mucus in your respiratory tract, try to puff (like when fogging a mirror) or cough between the sets.
- When necessary, perform the breathing exercises every one to two hours. Under chronic conditions, 2–3 times daily.

Cleaning:

Rinse after each use. Wash daily in a dishwasher or by hand. Disinfect by pouring boiling water over the PEPaid. In cases of heavy soiling, discard and replace with a new unit.

PEPaid is a respiratory aid to be used by *one* person only.



FOR CLEANER AND SAFER HEALTHCARE

Keep out of the reach and sight of children.

Only for the intended use as described.

Questions about the product can be forwarded to pepaid@consalus.se

More info on <http://consalus.se/pep>