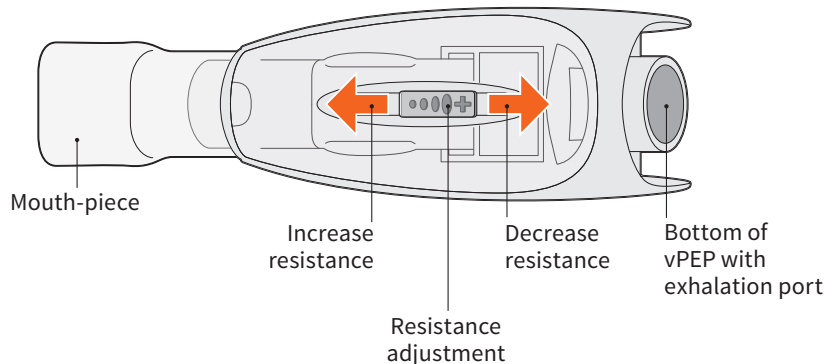


Below, please find abbreviated instructions for use, but please remember to read the complete instructions that are packaged with the vPEP® Oscillating Positive Expiratory Pressure (OPEP) Therapy System.

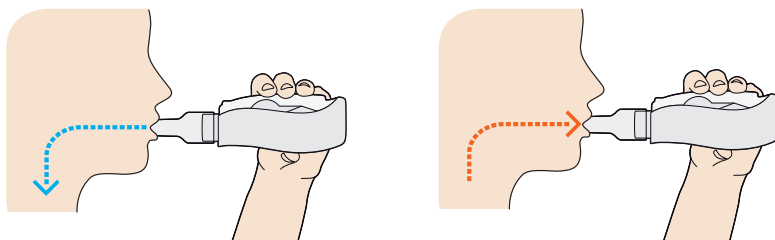
## 1 Getting Started with vPEP

- A. Insert mouth-piece in mouth.
- B. Make sure your hand does not cover the end of the vPEP with exhalation port.
- C. Move the resistance adjustment toward the mouthpiece to increase resistance, and away from the mouthpiece to decrease resistance.



## 2 Using the vPEP

- A. Take in a very slow, deeper breath than normal.
- B. Hold your breath for 2-3 seconds.
- C. Breathe out through the mouth-piece with more force than normal.
- D. Keep taking deep breaths in — and forceful breaths out through your vPEP — 10 to 20 times.
- E. Your healthcare practitioner may tell you the number of breaths they want you to take.
- F. After at least 10 breaths in and out, do 2 or 3 ‘huff coughs’ to clear your lungs.

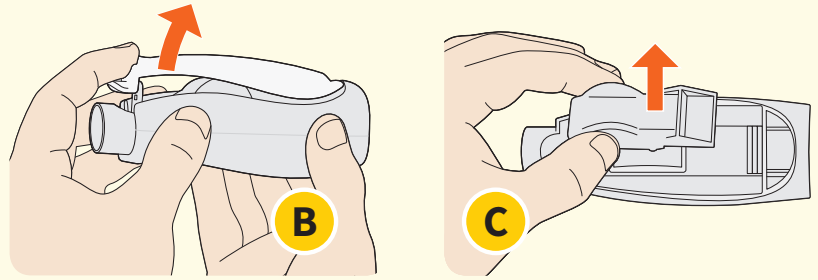


## 3 Repeat Step 2

REPEAT step 2 four times, or as directed by your healthcare practitioner.

## 4 Taking the vPEP apart

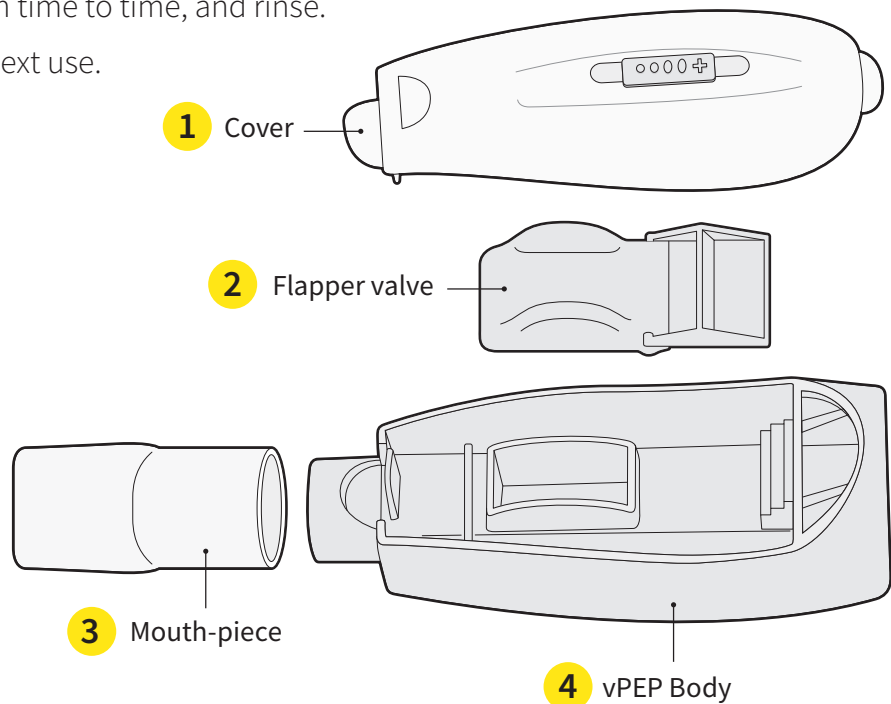
- A. Take off the mouth-piece.
- B. Lift off the clear cover.
- C. Take off the flapper valve (note the moving flapper valve points to the bottom of the vPEP).



## 5 Cleaning the vPEP at home

Follow these cleaning instructions.

- A. Soak the 4 parts in warm soapy water for 15 minutes, move them around from time to time, and rinse.
- B. Allow to air dry before next use.



### The vPEP can also be cold sterilized.

- Soak the 4 parts in 70% Isopropyl alcohol for 2 minutes.
- Wear plastic gloves, remove and rinse parts in distilled water.
- Allow parts to dry before next use.

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