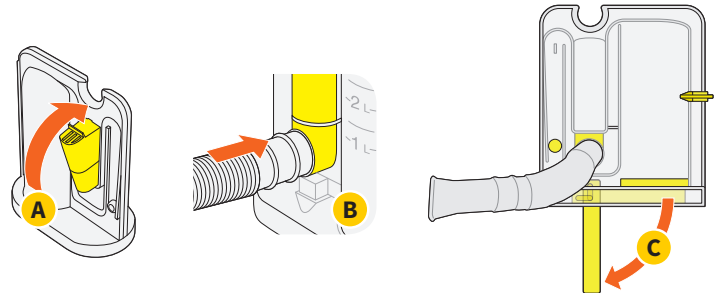


Below, please find abbreviated instructions for use.
The complete instructions are packaged with the iPEP®.

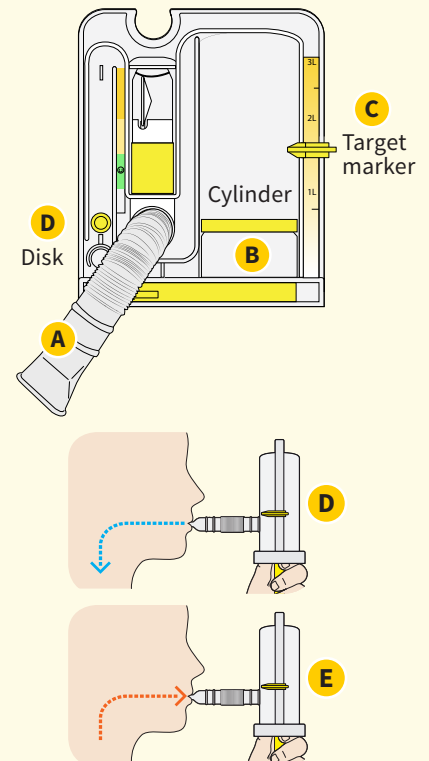
1 Assembly of the iPEP

- A. The OPEP module comes pre-assembled in the iPEP.
- B. Put the iPEP mouth-piece tube into the tube port.
- C. To use the handle:
 - Swing the handle down.
 - Push the handle up to gently lock into place.



2 Using the iPEP

- A. Take the dust cap off the iPEP mouth-piece tube and insert in mouth.
- B. Take a very slow breath in. The cylinder will move up as you breathe in. Your healthcare practitioner may place the target marker to tell you how big of a breath you should take. Clinical judgment should be used.
- C. To select the right volume target, see Chart B from complete instructions that are packaged with the iPEP.
- D. As you breathe in, make sure that the disk stays in the middle of the the green zone. Hold your breath for 2-3 seconds.
- E. Breathe out through the mouth-piece with more force than normal.
- F. Keep taking slow breaths in and forceful breaths out — 10 to 20 times.
- G. After at least 10 breaths in and out, do 2 or 3 ‘huff coughs’ to clear your lungs.



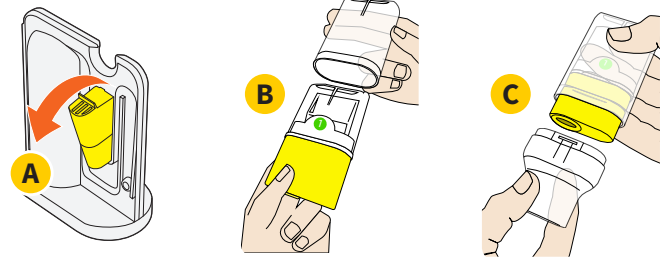
3 Repeat Step 2

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

over, please

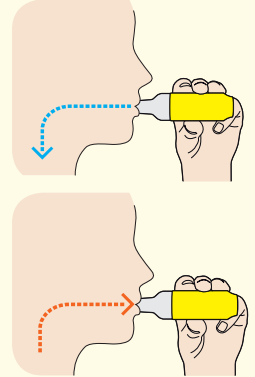
4 Assembly of the PocketPEP®

- A. Take the OPEP module out by pushing down on the vents.
- B. Put the OPEP module in the PocketPEP case.
- C. Push the OPEP mouth-piece firmly over the top of the module — push until it clicks on to the case.



5 Using the PocketPEP

- A. Take the dust cap off the PocketPEP. Insert mouth-piece in mouth.
- B. Take in a very slow, deeper breath than normal. Hold your breath for 2-3 seconds.
- C. Breathe out through the mouth-piece with more force than normal.
- D. Keep taking very slow deep breaths in — and long breaths out through the PocketPEP — 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.



6 Repeat Step 5

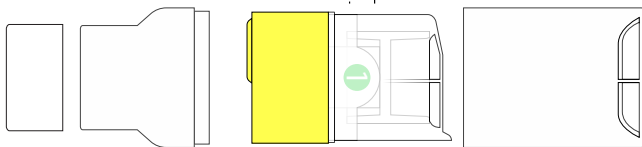
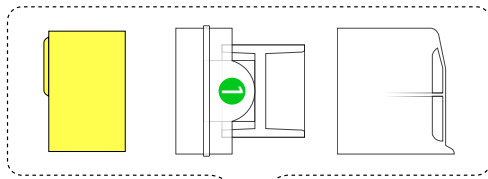
REPEAT step 5 four times, or as directed by your healthcare practitioner.

7 Cleaning and Disinfecting the PocketPEP

Healthcare practitioners should use clinical judgment to advise the appropriate cleaning and disinfecting based on the patient's condition.

Cleaning the PocketPEP in soap and water.

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



The PocketPEP can also be cold sterilized if desired according to option 1 or 2 below.

1. Isopropyl Alcohol

- Take apart, wash and rinse the 6 parts. Do not reassemble.
- Soak parts in 70% Isopropyl alcohol for two minutes. Put on plastic gloves and remove parts from the basin.
- Rinse parts in sterile distilled water.
- Allow parts to dry before next use.

2. Hydrogen Peroxide (3%)

- Soak the 6 parts in (3%) Hydrogen Peroxide for 30 minutes.
- Rinse parts in sterile distilled water.
- Allow parts to dry before next use.