

Designed by clinicians  
for clinicians and their patients



## iPEP<sup>®</sup> Incentive Positive Expiratory Pressure Therapy

- The patented combination OPEP & Incentive Spirometer device
- The *only volume based* Oscillating Positive Expiratory Pressure (OPEP) device
- *All in one clinician tool* that performs:
  - Lung Expansion
  - Treatment of Atelectasis
  - Secretion Clearance
- Proven superior Expiratory Flow Bias, a key predictor of secretion mobility
- Removable PocketPEP<sup>®</sup> for OPEP use at home

Provides oscillating positive expiratory pressure when the patient exhales through the device, helping to loosen and remove bronchial secretions associated with:

- Pulmonary emphysema
- Chronic obstructive pulmonary disease (COPD)
- Atelectasis
- Chronic Bronchitis
- Bronchiectasis
- Cystic fibrosis
- Asthma
- Nonproductive cough
- Smoker's cough

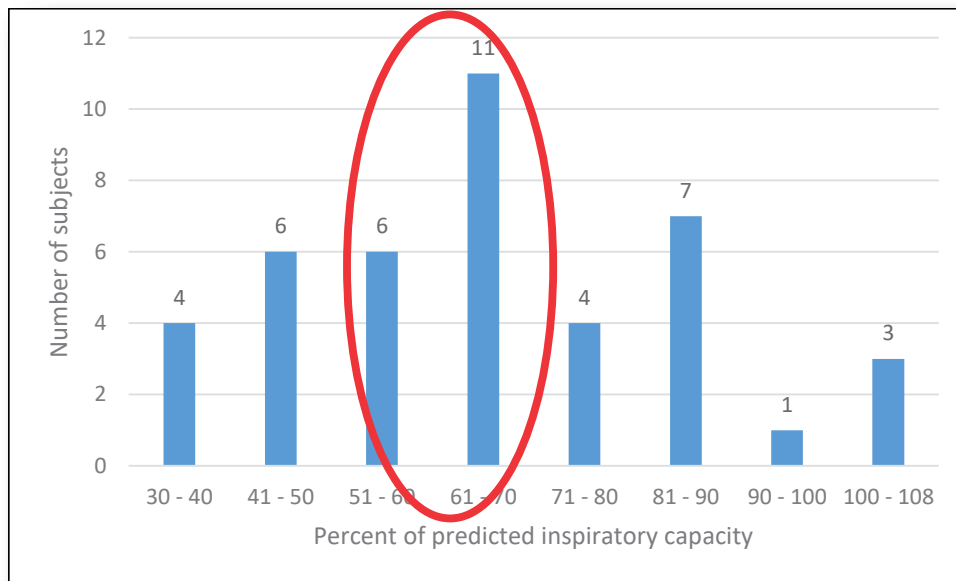
The iPEP is also a device used to help lung health after surgery, or for lung illness, such as pneumonia, by teaching patients how to take slow deep breaths.



## The only volume based OPEP

In OPEP therapy patients are simply instructed to take a deeper breath than normal and exhale through the device with more force than normal. A published study<sup>1</sup> challenges traditional OPEP therapy as a blind technique involving no measures of feedback for effectiveness. The study found that 60% of subjects (25/42) performed either an inadequate inspiratory maneuver or exceeded the recommended inspiratory volume during OPEP therapy. Only 40% of subjects (17/42) were in the recommended range of 51-70% of predicted inspiratory capacity (see chart 1).

Chart 1. Distribution of % predicted inspiratory capacity



## iPEP<sup>®</sup> with metrics



iPEP<sup>®</sup> is the only metrics based OPEP that measures lung volume

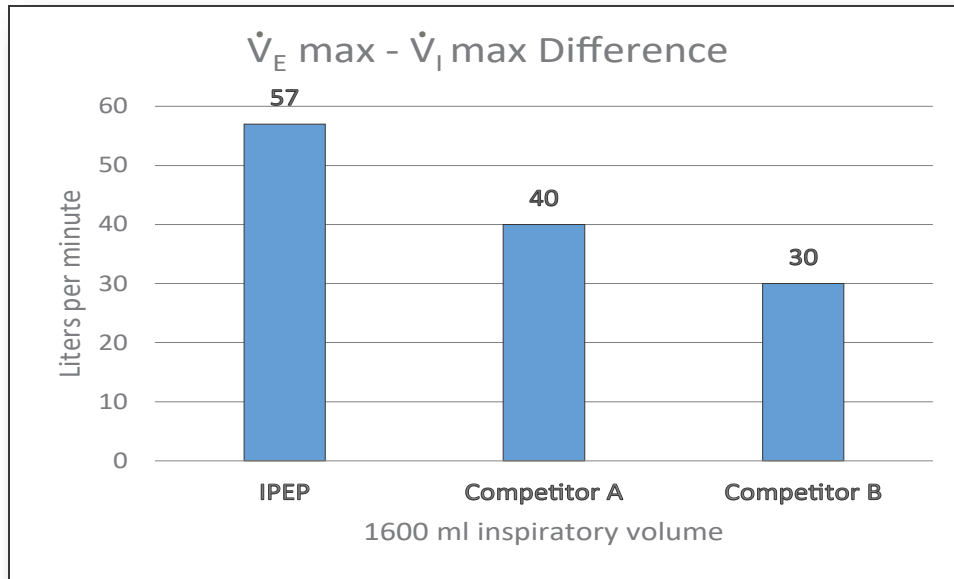
The paper concluded “when coaching patients and changing resistance settings during OPEP therapy, this study has demonstrated the advantage of using adjunct monitoring devices to assure adequate tidal volume and flow”.

UNIQUELY WITH THE  
iPEP, OPEP THERAPY  
IS NO LONGER A  
BLIND TECHNIQUE

## Features superior Expiratory Flow Bias for improved airway clearance

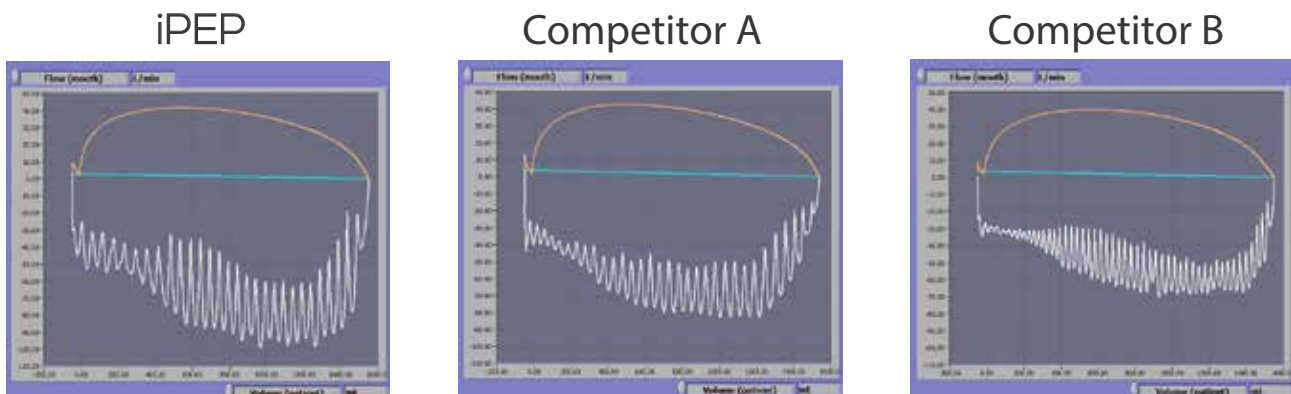
Expiratory Flow Bias (EFB) is the difference between peak expiratory flow and peak inspiratory flow. A published study<sup>2</sup> found that, just as in a forced cough, peak expiratory flow is a major factor in improving secretion clearance with OPEP devices. The iPEP provides a superior flow rate difference when compared to two competitive products. Chart 2 shows a bench study using a human lung simulator comparing the iPEP to competitive products.

Chart 2.  $\dot{V}_E \text{ max} - \dot{V}_I \text{ max}$  difference for the iPEP and two competitors at 1600 ml volume



THE iPEP'S MINIMAL EXHALED FLOW RESISTANCE COMBINED WITH SLOW COACHED INHALATION, RESULTS IN SUPERIOR SECRETION CLEARANCE

## Flow-volume loops for the iPEP and two competitors at 1600 ml volume



## PocketPEP® - The removable OPEP module, ideal for home use

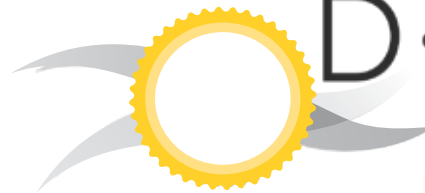
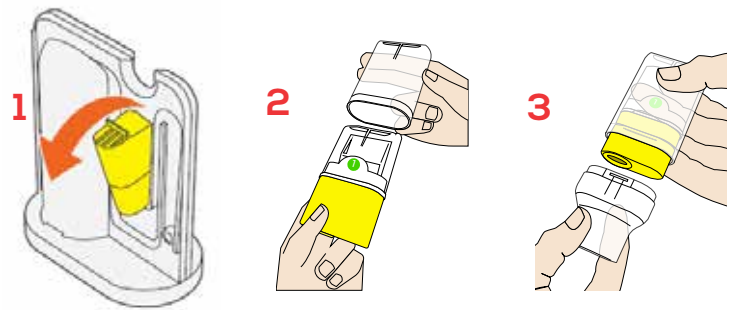
The iPEP features the PocketPEP.

- The palm-sized PocketPEP is the smallest OPEP available, less than half the size of other products.
- In acute settings, OPEP therapy is intended to reduce the risk of hospital acquired pneumonia. When patients continue use of the convenient OPEP therapy at home, it can reduce risk of pulmonary complications post discharge.
- With only one moving part, the PocketPEP is easy for patients to operate and clean.



### Easy Assembly of the PocketPEP

1. Take the OPEP module out of the iPEP
2. Insert the OPEP module in the PocketPEP case
3. Push the mouthpiece over the module



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### iPEP Specifications:

- iPEP item # 520, 1 case of 10 each
- Washable PocketPEP
- PocketPEP can be cold sterilized with isopropyl alcohol or hydrogen peroxide
- Mouthpiece Connector: 22mm fitting
- Unique popple tubing for greater range of motion and space-saving convenience
- PVC free
- Not manufactured from latex natural rubber

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Rx only. Single patient, multi use. Do not share or use on multiple patients.

1. Pursley, D. Analysis of Tidal Volume and Expiratory Pressure During Oscillatory PEP Therapy in Health Subjects. Respiratory Therapy 2016; Volume 11, No. 2, 34-36.  
2. Pursley, D. Analysis of Three Oscillating Positive Expiratory Pressure Devices During Simulated Breathing. Respiratory Therapy 2017; Volume 12, No. 1, 52-56.