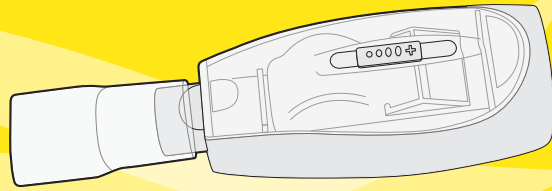


D R Burton **vPEP**[®]

Oscillating Positive Expiratory Pressure Therapy System

Instructions for Use



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

Not manufactured from latex natural rubber.

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Reorder number 510

Patents pending.

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Important information

When vPEP must not be used

Use of the vPEP is not recommended for:

- Patients unable to tolerate the increased work of breathing
- High pressure in the brain (called intracranial pressure (ICP) more than 20 mm Hg)
- Unstable blood pressure (Hemodynamic instability)
- Recent face, mouth or skull surgery or trauma
- Acute sinusitis
- Nose bleed
- Surgery on the throat

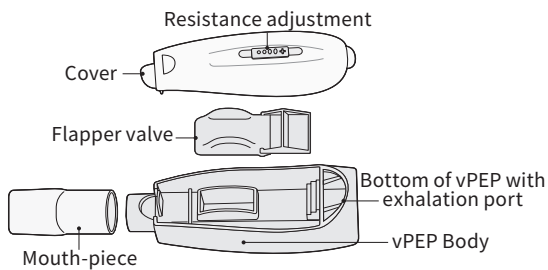
- Feeling sick (nausea)
- Current bleeding from lungs
- Untreated collapsed lung
- Possible ruptured ear drum or similar ear problems.

Warning: using vPEP at high pressure

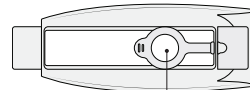
Using vPEP at pressures which are too high may have side effects. If patients sensitive to increased trans-pulmonary pressure breathe out at pressures above 20 cmH₂O, they may experience one or more of the side effects.

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vPEP[®] parts



Flat bottom side of vPEP body



Drain Cap
(keep cap on during use)

2

Important information

Side effects may include:

- Increased work of breathing that may lead to breathing too slowly and high carbon dioxide levels
- Increased pressure in the brain
- Heart problems:
 - reduced blood flow to the heart (myocardial ischemia)
 - reduced blood flow back to the heart (decreased venous return)

- Air swallowing with increased likelihood of vomiting and things going down the wrong way (aspiration)
- Fear of confined spaces (claustrophobia)
- Lung problems caused by pressure changes (pulmonary barotraumas).

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Important information

- Read all of the Instructions for Use before using this product. The vPEP will not work unless it is used properly.
- If you do not follow the Instructions for Use this could result in death or serious injury.
- Talk to your healthcare practitioner about using the vPEP.

Intended use

The D R Burton vPEP device is intended for use as an Oscillating Positive Expiratory Pressure (OPEP) device. The vPEP is intended to be used with patients that can generate an exhaled flow of 10 liters per minute for 3 – 4 seconds.

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Using your vPEP

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Important information

What the vPEP is used for

The D R Burton vPEP device is a single patient use, hand held secretion clearance and lung expansion device that creates vibrating positive expiratory pressure when the patient exhales through the device. The vPEP is an aid to loosen and remove bronchial secretions associated with:

- Chronic obstructive pulmonary disease (COPD)

- Cystic fibrosis (Bronchiectasis)
- Breathlessness (Pulmonary emphysema)
- Asthma
- Nonproductive cough
- Smoker's cough
- Collapsed lung (treatment of atelectasis).

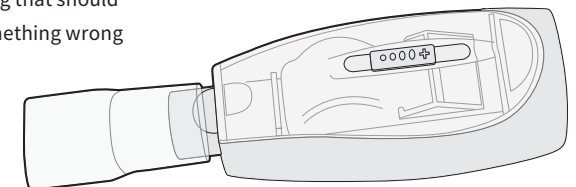
Precautions

- Ensure contraindications are observed.
- Do not leave the device alone with children.

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Using your vPEP Getting ready

- Look at your vPEP to make sure it is clean and does not contain anything that should not be in there. If there is something wrong with it, get it replaced.



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Using your vPEP

How often to use your vPEP

Use your vPEP as often as your healthcare practitioner tells you to.

- After surgery, it may be too painful to take deep breaths. You may also feel too weak to take deep breaths. If you do not breathe deeply enough it can lead to lung illness.
- The goal is to keep your lungs clear and ventilation capacity up.

- If you are producing a lot of mucus your healthcare practitioner may tell you to use it more often.
- Keep using your vPEP even if you are bringing up just a little mucus.

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Using your vPEP

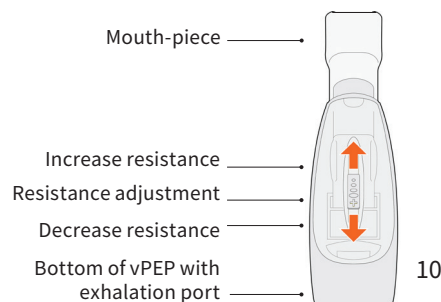
Tip

- If you have had an operation on your chest or belly, you may feel some discomfort when using your vPEP. If you hold a pillow tightly to your chest or belly while breathing, it may help.
- If your vPEP does not work, check that the drain cap is on.

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Using your vPEP

- 1 Sit up straight so that you are comfortable.
- 2 Put the mouth-piece in your mouth.
 - Close your lips around it to make a good seal.
 - Make sure your hand does not cover the bottom of the vPEP with exhalation port.
 - Move the 'resistance adjustment' up to increase and down to decrease resistance.

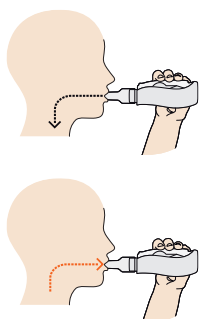


Using your vPEP

- 3 Take in a very slow deeper breath than normal:
 - But do not fill your lungs all the way
 - Hold your breath for 2 to 3 seconds.
- 4 Breathe out through the mouth-piece with more force than normal.
 - Keep your cheeks flat and not puffed out - this will help you get the best from your treatment.

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Using your vPEP



- 5 Keep taking deep breaths in - and forceful breaths out through your vPEP - 10 to 20 times.
 - Your healthcare practitioner may tell you the number of breaths they want you to take.

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Using your vPEP

- 6 After at least 10 breaths in and out, do 2 or 3 'huff coughs' to clear your lungs.
 - Your healthcare practitioner will teach you how to do a 'huff cough'.
 - To get the best from your treatment, try not to cough until you have done 10 breaths in and out.
- 7 Now repeat steps 3 to 6 four times or as directed by your healthcare practitioner.
 - If you feel dizzy or light-headed while using your vPEP:
 - Take the mouth-piece out of your mouth
 - Take some normal breaths
 - Then begin using it again

If you still feel dizzy or if you have any other problems while using your vPEP, stop treatment and talk to your healthcare practitioner.

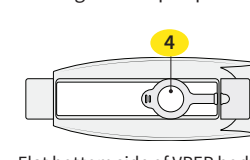
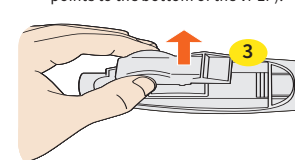
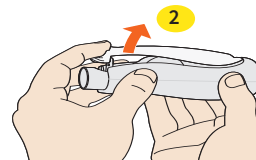
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Cleaning your vPEP

Cleaning your vPEP

Taking your vPEP apart

- 1 Take off the mouth-piece.
- 2 Lift off the clear cover.
- 3 Remove the flapper valve (note the moving flapper valve points to the bottom of the vPEP).
- 4 Lift up the drain cap on the reverse side of the vPEP during cleaning. During use keep cap on.



Flat bottom side of vPEP body

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Cleaning your vPEP

- Wash the 4 parts (see page 18) in warm soapy water. You can use liquid detergent such as Dawn.
- Let the parts soak for 15 minutes, moving them around from time to time.
- Then rinse in clean warm water.
- Look at the parts. If they are still not clean wash them again. You can use a soft, lint-free cloth or soft bristle brush to help clean them.
- Check that the parts are not cracked, discolored or out of shape. If they are, stop using the vPEP and get it replaced.
- Shake off any water from each part.
- Leave the parts to dry. Make sure that there is no soap or water left in them before you put them back together.
- If you do not follow all of the cleaning instructions the device may not work properly.

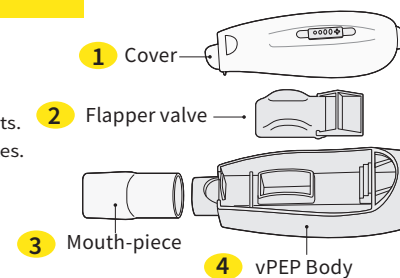
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Cleaning your vPEP

Cold Sterilizing the vPEP

The vPEP can also be cold sterilized if desired.

- Take apart, wash and rinse the 4 parts.
- Fill a wash basin with enough 70% isopropyl alcohol or 3% hydrogen peroxide to submerge the 4 parts.
- Soak in alcohol for 2 minutes or in peroxide for 30 minutes.
- Put on plastic gloves and remove parts from the basin.
- Rinse the 4 parts well in distilled water.
- Shake off any water from each part.
- Allow parts to dry before you put them back together.
- Empty and rinse the basin after cleaning.



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