

PocketPEP®

Oscillating Positive Expiratory Pressure Therapy System

Instructions for Use



Important Information

When PocketPEP must not be used

Use of the PocketPEP is not recommended for:

- patients not able 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 the lungs
- untreated collapsed lung
- possible ruptured ear drum or similar ear problems

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Important Information

Warning: using PocketPEP at high pressure

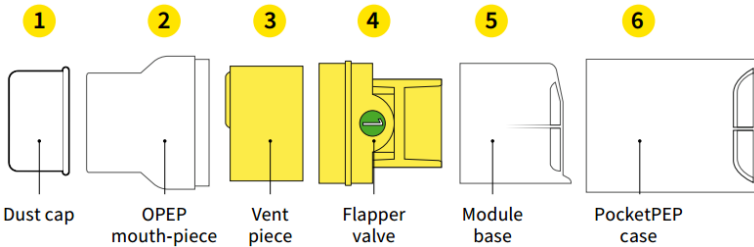
Using PocketPEP at pressures which are too high may have side effects. Pressures breathing out above 20 cm H₂O in patients sensitive to increased trans-pulmonary pressure may get one or more of the side effects listed:

- 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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PocketPEP Parts

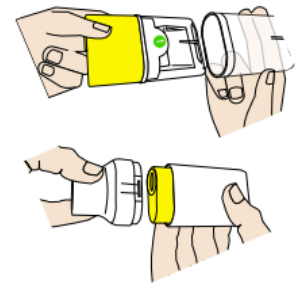


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Using your PocketPEP

Getting ready

- (1) Look at the PocketPEP 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.
- (2) Put the OPEP module in the PocketPEP case.
- (3) Push the OPEP mouthpiece firmly over the top of the module—push until it clicks on to the case.



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Important Information

- Read all of the instructions for use before using this product. The PocketPEP will not work unless it is used properly.
- Failure to follow the instructions for use could result in death or serious injury.
- Talk to your healthcare practitioner about using the PocketPEP.

Intended use

The D R Burton PocketPEP device is intended for use in Oscillating Positive Expiratory Pressure (OPEP) therapy by patients capable of generating an exhalation flow of 10 liters per minute for 3 - 4 seconds.

The D R Burton PocketPEP is intended for single-patient, multi-use in a hospital or home care setting.

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Using your PocketPEP

How often to use the PocketPEP

Use the PocketPEP as often as your healthcare practitioner tells you to.

- This helps you to keep your lungs clear and able to breathe as well as possible.
- If you are producing a lot of mucous your healthcare practitioner may tell you to use it more often.
- Keep using it even if you are only bringing up a little mucous.

Keep the OPEP mouthpiece covered with the dust cap when you are not using it.

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Important Information

What the PocketPEP is used for

The D R Burton PocketPEP is a handheld oscillating positive expiratory pressure (OPEP) device. The PocketPEP is an aid to loosen and remove bronchial secretions associated with:

- COPD (chronic obstructive pulmonary disease)
- 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 children alone with this device.
- This device is for use by one patient and should not be shared.

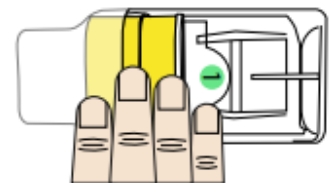
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Using your PocketPEP

Using the PocketPEP

- (1) Take the dust cap off the PocketPEP mouthpiece.
- (2) Sit up straight so that you are comfortable.
- (3) Your healthcare practitioner will direct which side should face up. Side 1 faces up for low resistance. Side 2 faces up for high resistance.
- (4) Put the mouthpiece in your mouth.
 - Close your lips around it to make a good seal.
 - Make sure your hand does not cover the holes near the bottom.

- Your healthcare practitioner may tell you to use a nose clip—if needed.



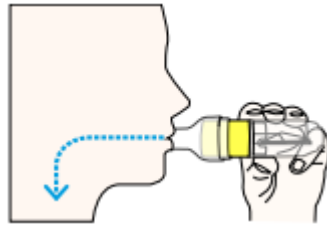
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Using your PocketPEP

- (5) Take in a very slow, deeper breath than normal:
 - But do not fill your lungs all the way.
 - Hold your breath for 2 or 3 seconds.
- (6) Breathe out through the mouthpiece with more force than normal.

Tip

Keep your cheeks flat and not puffed out - this will help you get the best from your treatment.



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Cleaning and Disinfecting the PocketPEP

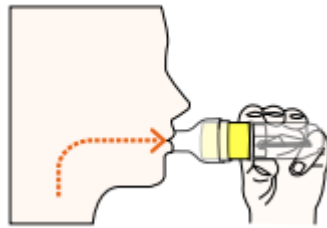
Cleaning the PocketPEP with soap and water

- Make sure that you have the 6 parts shown on the PocketPEP parts diagram on page 1.
- Wash the 6 parts 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.
- 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 PocketPEP and get it replaced.
- Shake off any water from each part.
- Leave the parts to dry before you put them back together.

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Using your PocketPEP

- (7) Keep taking very slow deep breaths in and breathing out through the PocketPEP with more force than normal 10 to 20 times.
 - Your healthcare practitioner may tell you the number of breaths they want you to take.
- (8) 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'.
- (9) Repeat steps (4) to (8) four times, or as directed by your healthcare practitioner.



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Cleaning and Disinfecting the PocketPEP

Cleaning the PocketPEP in the dishwasher

- Put the 6 parts in a basket and place in the top rack of the dishwasher.
- Wash in a normal cycle with dishwasher detergent.
- Shake off any water from each part.
- Leave the parts to dry before you put them back together.

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Using your PocketPEP

If you feel dizzy or light-headed while using the PocketPEP:

- 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 the PocketPEP, stop treatment and talk to your healthcare practitioner.

Tip

If you have had an operation on your chest or belly, you may feel some discomfort when using the PocketPEP. If you hold a pillow tightly to your chest or belly while breathing, it may help.

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Cleaning and Disinfecting the PocketPEP

Disinfecting the PocketPEP via boiling

- Take apart, wash, and rinse the 6 parts as shown on page 1. **Do not reassemble.**
- Boil water.
- Place a cloth or heat-resistant rack in the pot to keep the parts from resting directly on the hot bottom of the pot.
- Put the 6 disassembled parts in boiling water for 5 minutes.
- Remove parts and allow to dry before you put them back together.

Disinfecting the PocketPEP via microwave steam sterilization

- Take apart, wash and rinse the 6 parts as shown on page 1. **Do not reassemble.**
- Place the 6 parts in a microwave steam sterilizer bag.
- Follow the microwave steam sterilizer bag manufacturer's instructions to sterilize the 6 parts.
- Remove parts and allow to dry before you put them back together.

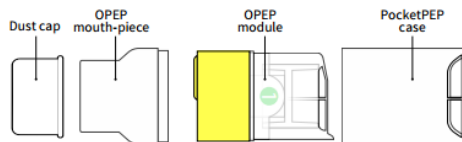
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Cleaning and Disinfecting the PocketPEP

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

Taking the PocketPEP apart

- (1) Take off the dust cap and OPEP mouthpiece.
- (2) Take the OPEP module out of the PocketPEP case.



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Cleaning and Disinfecting the PocketPEP

Disinfecting the PocketPEP via cold sterilization

Isopropyl alcohol (70%)

- Take apart, wash and rinse the 6 parts as shown on page 1. **Do not reassemble.**
- Fill a wash basin with enough 70% isopropyl alcohol to submerge the 6 parts.
- After two minutes of soaking, put on plastic gloves and remove the parts from the basin.
- Rinse the 6 parts well in distilled water.
- Shake off any water from each part.
- Allow parts to dry before putting them back together.
- Empty and rinse the basin after cleaning.

Hydrogen peroxide (3%)

- Take apart, wash and rinse the 6 parts as shown on page 1. **Do not reassemble.**
- The 6 parts may be soaked in 3% hydrogen peroxide for 30 minutes.
- Rinse well in distilled water.

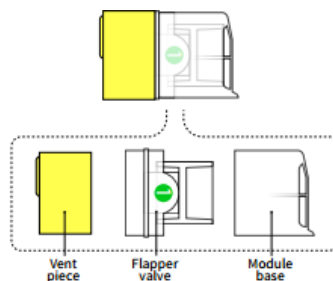
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Cleaning and Disinfecting the PocketPEP

Taking the OPEP module apart

The OPEP module is made of 3 pieces that can be taken apart.

- (1) Take the vent piece off the OPEP module.
- (2) Pull the flapper valve out of the module base.



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Contact Information



Single patient, multi-use.
Do not share or use on multiple patients.
Not manufactured from latex natural rubber.

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