

# smiths medical

## portex®

### Quick and Easy Usage Guide

#### acapella® PEP devices for Positive Expiratory Pressure (PEP) Therapy

##### PROCEDURE

- Close lips completely over the mouthpiece, use a nose clip as required, or use a breathing mask
- Breathe from the diaphragm, taking in a larger than normal breath
- Hold breath for 2-3 seconds
- Exhale actively, but not forcefully
- Set resistance dial such that patient exhales for a duration of 3-4 seconds
- Perform 10-20 PEP breaths
- Perform 2-3 "huff" coughs to raise secretions as needed
- Repeat as prescribed or appropriate

No absolute contraindications to the use of PEP therapy have been reported. See IFU for more detail.



acapella® DH  
≥ 15 L/min expiratory flow



acapella® DM  
< 15 L/min expiratory flow



acapella® choice  
≥ 10 L/min expiratory flow



acapella® duet  
≥ 10 L/min expiratory flow

For more information visit our website at  
[www.smiths-medical.com](http://www.smiths-medical.com)

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