



ACAPELLA® CHOICE

DIRECTIONS FOR USE

1. Hold the device in any position that is comfortable, sitting upright.
2. Close your lips around the mouth piece and inhale deeply.
3. Hold your breath for 2–3 seconds.
4. Actively exhale for 3–4 times longer than the inhale. Active exhalation feels like the effort required to start blowing up a balloon but not as forceful as blowing out candles.
5. Keep your cheeks flat as you exhale.
6. Perform four (4) sets of 10 exhalations over 12–20 minutes.
7. Follow with cycled huff coughing after each cycle.



CLEANING/DISINFECTING INSTRUCTIONS

As per the Cystic Fibrosis Foundation's cleaning and disinfecting guidelines entitled, "*Respiratory, Stopping the Spread of Germs*" 2003, below are the guidelines for acapella® Choice.

**Please note, acapella® Choice is for single-patient use and it is the responsibility of the user to ensure all sterility verification(s).*

There are four (4) parts to clean:

1. The mouthpiece
2. The cover
3. The rocker assembly/platform base
4. The base unit

Disassembly

acapella® Choice should be disassembled into its four (4) parts (see product insert illustration):

- Detach mouthpiece or mask. If you are using a mask, follow its cleaning instructions.
- Detach the cover by placing your forefinger and thumb on the three (3) ribs located on the unit toward the mouthpiece and gently pressing and lifting up. Lift only to a 90° angle. Pull cover up to detach.
- Detach the rocker assembly/platform base by placing your forefinger and thumb on either side of the grooved surface of the platform's base, and gently lift the rocker up (rocker assembly/platform should stay intact). Do not separate the rocker from its platform base.

Cleaning

Cleaning is recommended on a regular basis, preferably right after each use, especially if used in conjunction with a nebulizer. Always clean your hands first.

Cleaning with liquid dish detergent – Soak the four parts in warm, soapy water. Use a liquid dish detergent (Dawn or equivalent), mixing two (2) tablespoons of detergent per one (1) gallon water. Rinse thoroughly, preferably with sterile water, and allow parts to air dry.

Disinfecting

The device should be disinfected once every treatment day using any of the methods listed below.

Prior to disinfection, follow cleaning instructions. Do not dry or reassemble the device.

- **Boiling** – Boil device in water (100°C/212°F) up to twice daily for five (5) minutes. In addition, DHD suggests the use of distilled or sterile water to lessen the potential of local community, mineral-rich tap waters from calcifying acapella® Choice's metallic components.
- **Autoclaving** – acapella® Choice will functionally withstand autoclaving at temperatures not to exceed 136°C/277°F.
- **Automatic dishwasher** – acapella® Choice is dishwasher safe. It is recommended to place the parts on the top shelf.
- **Alcohol** – Soak five (5) minutes, twice daily. acapella® Choice is compatible with 70 percent isopropyl alcohol. Rinse with sterile water. You can make water sterile by boiling for five (5) minutes.
- **Hydrogen peroxide** – Soak in 3 percent hydrogen peroxide for 30 minutes. Rinse with sterile water. You can make water sterile by boiling for five (5) minutes.
- **Control III Disinfectant Germicide** – Follow the manufacturer's suggested dilution and soak time duration criteria.
- **Glutaraldehydes** (Cidex® or equivalent) – acapella® Choice will maintain its integrity using cold sterilizing solutions such as glutaraldehydes.

**Please note, do not microwave. Also, bleach is not recommended for use on acapella® Choice. It may corrode or deteriorate the nickel-plated mechanism located on the interior of the device.*

Reassembly

- Put rocker assembly/platform base back into the base unit. Make sure it is firmly seated by gently pressing rocker assembly down (fingers gripping the sides of rocker assembly).
- Attach the cover by placing it back into hinges of base unit. Make sure you hear a click to ensure it is in securely.
- Place cover into original position.
- Attach mouthpiece by slightly pressing the top and bottom of unit together while you slip on mouthpiece.