

## **Permanent Acapella<sup>®</sup> Choice Vibratory PEP Therapy System**

### **What is Acapella<sup>®</sup> Choice Vibratory PEP Therapy?**

This system helps to remove mucus from the lungs. PEP means positive expiratory pressure. Your Acapella<sup>®</sup> should last for 6 months.

### **How does it work?**

This device vibrates the large and small airways. It helps move secretions.

### **How often and when should it be used?**

Your child's doctor will tell you how often to use the Acapella. Most often, it is used 2 to 4 times each day, for about 15 minutes each time. The nurse or respiratory therapist will explain how to use the device. Your child will try it before going home.

### **Steps to follow**

1. Wash your hands.
2. Your healthcare provider will adjust the dial to the correct range. 1 has the least resistance.
3. Have your child:
  - a. Hold it with both elbows on the table.
  - b. Put the mouthpiece in their mouth.
  - c. Take in a deep breath and hold it for 2 to 3 seconds.
  - d. Get a tight seal around the mouthpiece, and start to exhale.
  - e. Keep their cheeks as hard and flat as possible. Your child may need to hold their cheeks to do this.
  - f. Do 10 to 20 breaths using the Acapella and then do 2 to 3 coughs or huff coughs to raise secretions.
  - g. Repeat steps a through f until the 15-minute treatment is done.

### **Cleaning the equipment after every treatment**

1. Take the device apart. There are 4 pieces. Follow the package insert.
2. Wash all parts in warm soapy water.
3. Rinse.

## Disinfecting

1. Clean the Acapella first. Then disinfect using one of these ways:

- 70% rubbing alcohol. Soak for 5 minutes, rinse with sterile water. Let air-dry.

**Note:** To make sterile water, boil tap water for 5 minutes. Allow it to cool and use when warm. Throw away sterile water after use. It should not be stored for later use.

- Boil in water for 5 minutes.

- Top shelf of dishwasher. The water temperature must be greater than 158° F.

- Soak all parts except the tubing in a solution of 1 part white vinegar and 3 parts water. Soak for one hour. Rinse with water. Throw the vinegar solution away after using. **If your child has Cystic Fibrosis, do not use vinegar for disinfecting.**

- Do not use bleach. Do not microwave

2. Let it air dry. First drain the parts on a clean towel. Replace the wet towel with a dry one and let air dry.

3. Store in a clean plastic bag.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**