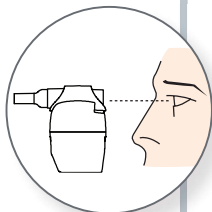


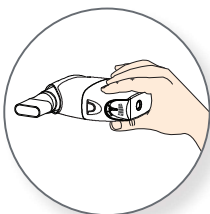
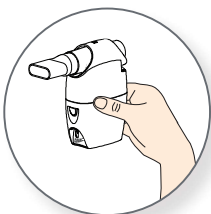
## AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)

### Quick Start Guide: Instructions for Use

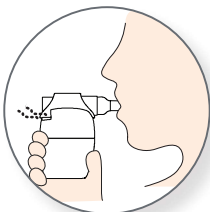
**1** Examine device.



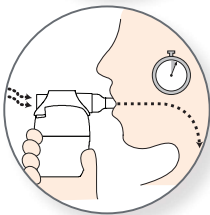
**2** Choose any orientation.



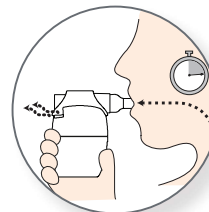
**3** Insert mouthpiece.



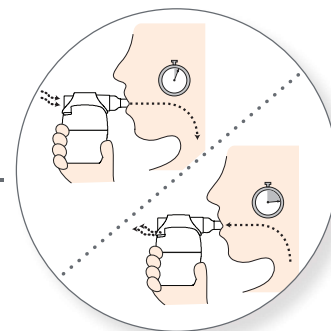
**4** Inhale deeply and hold breath for 2 to 3 seconds.



**5** Exhale for 3 to 4 times longer than the inspiratory breath.



**6** Continue for 10 to 20 breaths or as instructed by your health care provider. Perform 2 to 3 'huff coughs' to clear airway.



**7** Repeat steps 3 to 6 for 10 to 20 minutes or as prescribed.



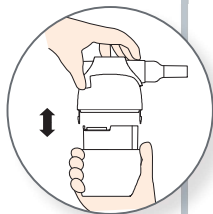
Watch the instructional video at [monaghanmed.com](http://monaghanmed.com)

These are abbreviated instructions for use, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.

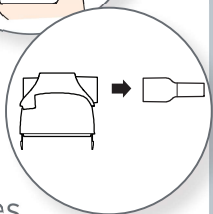
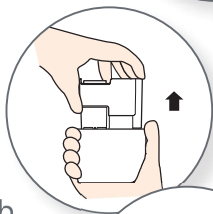
### Quick Start Guide: Cleaning Instructions

If you maintain your device according to the instructions, it can be used for up to 12 months.

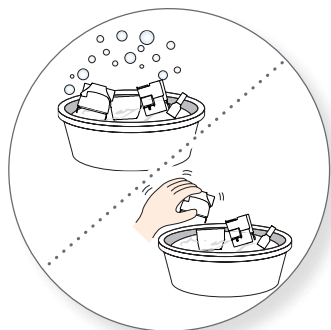
**1** Press tabs to release.



**2** Remove valve cartridge and mouth piece.



**3** Soak 15 minutes in soapy water, agitate gently and rinse.



These are abbreviated cleaning instructions, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.



## AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)



Watch the instructional video at [monaghanmed.com](http://monaghanmed.com)

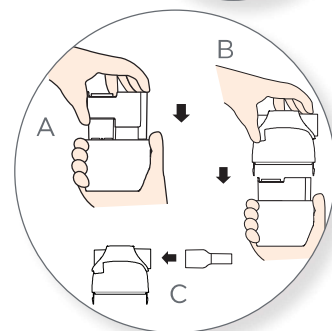
**4** Shake out water and dry vertically - or place in dishwasher in basket on top rack after performing cleaning instructions 1 and 2.



Dishwasher instructions can be found with the complete instructions packaged with your AEROBIKA® OPEP Therapy System.



**5** Reassemble device.



### MONTHLY CLEANING

Tap water can leave mineral build-up on your device. To remove this, soak the disassembled device in 1 cup vinegar and 1 cup water for 1 hour, then wash as normal.