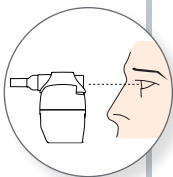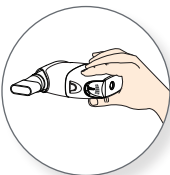# AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)
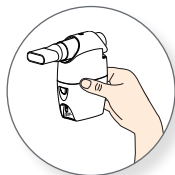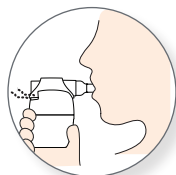
Quick Start Guide: Instructions for Use

1 Examine device.

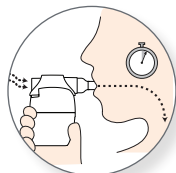**2** Choose any orientation.

3 Insert mouthpiece.

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

Watch the instructional video at monaghanmed.com

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.

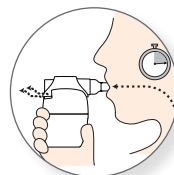**7** Repeat steps 3 to 6 for 10 to 20 minutes or as prescribed.

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

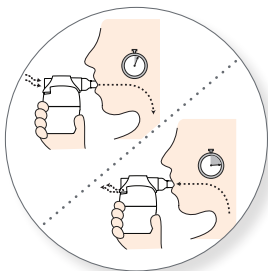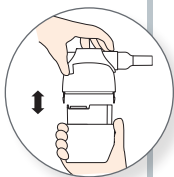# monaghan

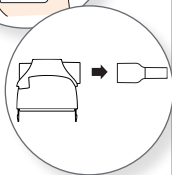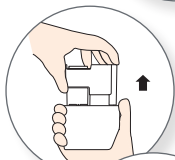# AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)

Quick Start Guide: Cleaning Instructions

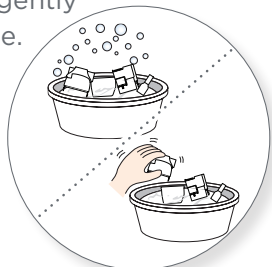If you maintain your device according to the instructions, it can be used for up to 12 months.

1 Press tabs to release.

2 Remove valve cartridge and mouthpiece.

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.

monaghan

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This device has not been made (or manufactured) with BPA (Bisphenol A) or Natural Rubber Latex.

Watch the instructional video at 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.