

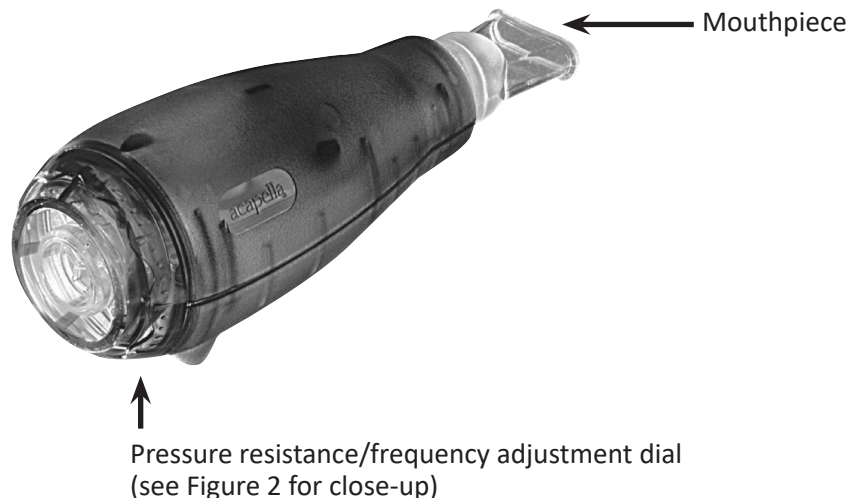
## Acapella DH Use and Care

The Acapella® DH (Figure 1) is a device that has several benefits for those with lung disease. It will help to:

- Move mucus in your lungs so that you can cough it out easier.
- Keep your lungs open to help you breathe in more air and oxygen.
- Reduce air trapping (the inability to fully breathe out) if you have chronic obstructive pulmonary disease (COPD).
- Give medications for bronchial hygiene therapy (a type of treatment that gets mucus and other things out of your lungs).

*If you have any questions, ask your care team.*

**Figure 1: Acapella Device**



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It has 2 main features:

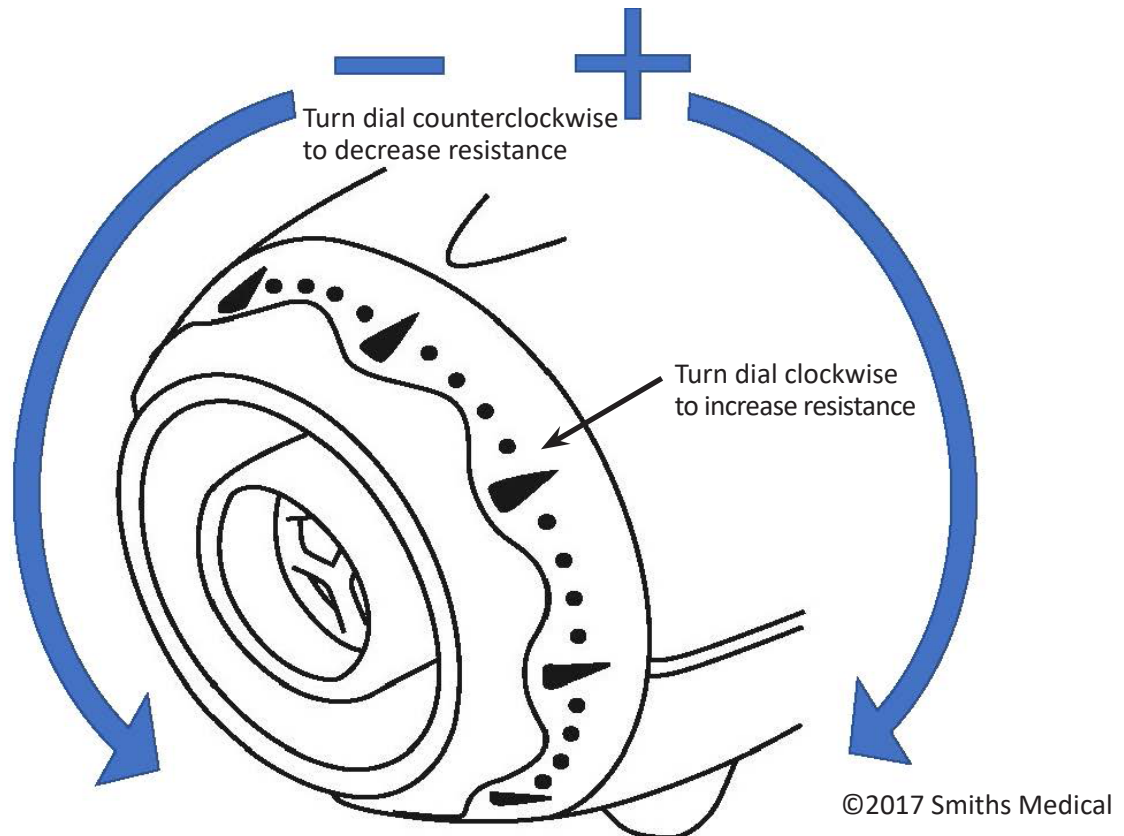
- A positive expiratory pressure (PEP) valve that keeps the airway open when the device is being used
- Vibrations that help loosen mucus

If so ordered, a nebulizer can be attached to one end to give medications (bronchodilators) that expand or open the air passages.

### Acapella DH set-up and use

Your physician will tell you how often you should use the device and which resistance level you should use. When you first use this device, be sure to dial it to the right level. This will set the amount of PEP (pressure or resistance). The dial is at the opposite end of the mouthpiece.

**Figure 2. Pressure resistance/frequency adjustment dial**



To use the device:

1. Turn the dial at the end of the device **counterclockwise** (to the left) or toward the minus (-) sign to its **lowest setting**.
2. To increase the pressure setting, turn the dial **clockwise** (to the right) or toward the plus (+) sign. You may need to adjust it to get to the proper setting. See the note in step 7.
3. Put the mouthpiece in your mouth, keeping a tight seal on it when you breathe in.
4. Sit up straight in a comfortable position.
5. Slowly breathe in a little more than a normal breath. Try to take in a breath that is about 3/4 of the deepest breath you can manage.
6. Hold your breath for 2 to 3 seconds. Do not remove the device.
7. Breathe out as much as you can into the device over 3 to 4 seconds. Do not use too much force while breathing out. You may feel the vibration as you breathe out. Try not to cough when you do this.  
Note: If you find it too hard to breathe out over 3 to 4 seconds, and you are letting your breath out too quickly, you may need to adjust the pressure dial. Turn the dial **clockwise** to the next higher mark or setting. This will increase the vibration and let you breathe out more slowly.
8. Repeat steps 4 through 9 about 10 to 20 times per session.

## Cleaning the Acapella DH®

Clean the device every day and as needed to prevent germs from building up that could cause infections. **Never put the device in the dishwasher.** Do not boil it or use bleach to clean it. Follow these cleaning instructions:

1. Remove the mouthpiece.
2. Soak the mouthpiece in warm, soapy water for several minutes.
3. Rinse and dry.
4. Once the mouthpiece is completely dry, put it back on the device.

Disinfect the device mouthpiece once a week. Clean the mouthpiece before you disinfect it. You can use 1 of these disinfecting methods:

Soak the mouthpiece in 70% isopropyl alcohol for 5 minutes. Rinse, drain and dry.

**or**

Soak the mouthpiece in 3% hydrogen peroxide for 30 minutes. Rinse, drain and dry.

If you have any questions, talk with your respiratory therapist or physician.