

# Acapella

The acapella® is a hand held plastic tube that contains a magnetic switch. The switch moves rapidly as you breathe out creating a positive expiratory pressure and a vibrating sensation in your chest.

The vibratory effect helps to 'unstick' secretions and the positive pressure helps the airways to stay open to help sputum move in to the larger airways so it can be coughed up. It is important to keep your cheeks flat and firm to keep the vibrations in your chest.

Before you start:

- ☺ If prescribed, take DNase at least 1 -2 hours before physio.
- ☺ Make sure you have taken any 'blue' inhalers, known as bronchodilators, (e.g. salbutamol or bricanyl) at least 10 minutes before physio.

How to use the Acapella®

- ★ The acapella® can be used either sitting or lying down.
- ★ Adjust the frequency dial to number 1
- ★ Take a slightly bigger breath in and **pause with a full breath** for a count of 2-3 seconds.
- ★ Breathe out **gently and completely** through the acapella® this should take 3-4 seconds to complete.
- ★ The resistance can be increased by turning the dial to the left to achieve a 3-4 second exhalation
- ★ After 4 long breaths stop and use a long, gentle huff or two.
- ★ Secretions should be cleared with 1-2 effective coughs if present.
- ★ Alternatively combine acapella® with AD to work secretions from the smallest to the largest airways.
- ★ Continue for 10-15 minutes, if at that time you have not heard any crackles or if your cough is dry you may stop.
- ★ If you still have a productive cough continue until secretions lessen or stop. This can sometimes take 30-45 minutes

After use:-

- ☺ If prescribed, take nebulised colomycin/promixin now.
- ☺ Make sure you have taken all other prescribed inhalers after physio.

Cleaning: -

- ☺ Remove the mouthpiece, open the acapella and detach the lid. Remove the rocker.
- ☺ Wash all parts in warm soapy water, rinse and leave to air dry between uses.
- ☺ Once a week boil all parts in a pan of water for 10 minutes and air dry.

If you are unwell please contact us so we can take a sputum sample or cough swab.