

The RC Cornet

The RC-Cornet® consists of a curved tube, a mouthpiece and a flexible latex-free inner tube. It also has an insertion tool and a spatula to aid air drying and opening the hose. When you use the Cornet® positive expiratory pressure and vibration are created in the airways of the lungs. This helps keep small airways open, loosens secretions and aids movement of mucous.

Before you start:

- ☺ If prescribed, take DNase at least 1-2 hours before you plan to do some physio.
- ☺ Make sure you have taken any 'blue' inhalers, known as bronchodilators, for example salbutamol or bricanyl at least 10minutes before physio.

How to use the RC-Cornet®

- Sit in a comfortable upright position. (Once you are familiar with using the RC-Cornet® it can be used lying down too)
- Close your lips around the mouthpiece of the RC-Cornet® making sure there is a good seal.
- Take a slightly bigger breath in through your nose and blow out through the RC-Cornet®
- You will hear a noise like a 'raspberry' and feel vibrations in your chest.
- Repeat 8-10 times
- Follow with a couple of long gentle huffs and cough if needed.

This cycle should be repeated for 15-20 minutes or until you have cleared all your sputum. Twisting the mouthpiece will alter the pressure and flow that you blow out against. There are four positions but III and IV are most often used.

After physio:-

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

Cleaning: -

- ☺ Take all pieces apart and remove the hose. Wash all parts in warm soapy water, rinse and leave to air dry between uses.
- ☺ Insert the spatula into the hose and allow to air dry.
- ☺ Allow the outer casing to dry.
- ☺ 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.