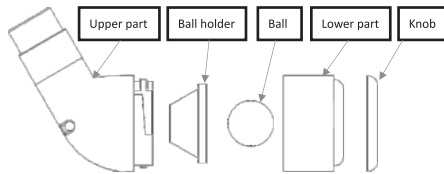


Replace the component as required if damaged or worn.  
 Properly connect mouthpiece to the trainer.  
 Turn the knob clockwise or counter clockwise to choose proper resistance.

### Introduction

\* VIS-07 breathing trainer (hereinafter short as "this device") efficiently loosens bronchial mucus and helps clean the airways, alleviate unproductive coughing and shortness of breath. It is compact in design, easy for clean and suitable for all people.

### Structure and Composition



### Intended Use

For temporary use to mobilize secretion in acute or chronic diseases of lower airways such as bronchiectasis, cystic fibrosis, COPD and asthma.

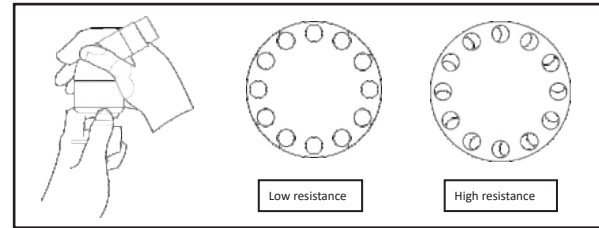
### Technical Specification

Length (MM)	Width (MM)	Height (MM)	Net Weight (G)		Gross Weight (G)		Gift Box Size (MM)
			Child	Adult	Child	Adult	
68	39	78	46.8	59.5	104	117	110*50*150*

### How to Use

#### 1. Preparation:

Check the integrity of all components to ensure there is no damage or signs of wear.



#### 2. Start training:

Sit upright or standup.  
 Hold the trainer in front of you, keep the mouthpiece between your lips.  
 Inspire slowly and deeply.  
 Blow out the air equally.  
 Exercise 30 times in the morning and at night every day.  
 Raise resistance level if you can easily finish 60 blows.

#### Note:

If you feel fatigue or tired during exercise, please take a rest, then continue.

#### 3. After use

Dispatch the mouthpiece from this device.  
 Wash the mouthpiece with mild soap solution or bath lotion, then rinse it clear tap water and allow it to air dry.

#### Note:

As the mouthpiece will be exposed to saliva and sweat during use, please don't share them, even with your family members.



### Precautions and Contraindications

This device is drug free, suitable for almost anyone and should cause no harmful side effects when used properly. Please read the following precautions and contraindications to ensure that you use your device safely and appropriately.

If you have any doubts about the device's suitability, or you have a medical condition, please consult your doctor.

#### Precautions:

- Do not make changes to any prescribed medication or prescribed treatment program without consulting your doctor.
- Do not use the device if you are suffering from a ruptured eardrum.

3. To prevent the potential transmission of infections, we recommend that you do not share your device with other users, including family members.
4. This device is not intended to diagnose, treat, cure or prevent any disease.
5. This device is designed for exercising your inspiratory muscles only. No other use is intended or implied.
6. Anyone who is under the age of 16 should only use this device with supervision from an adult as this device contains small parts.
7. Child under 6 years old is not suitable for using this device.
8. Whilst training with this device you should feel resistance when inhaling but it should not be painful. If you should feel pain whilst using this device, stop immediately and consult your doctor.
9. Some users may experience slight ear discomfort when training with this device, especially if they are recovering from a cold. This is caused by inadequate equalization of pressure between the mouth and ears. If symptoms persist, please consult your doctor.
10. If you are suffering from a cold, sinusitis or respiratory tract infection, we advise that you do not use this device until symptoms have disappeared. If in doubt, consult your doctor.
11. Refer to your medical advisor before using this device if you have any of the following conditions:
  - a. A history of spontaneous pneumothorax (a collapsed lung that was not due to traumatic injury e.g. broken rib), as it may lead to a recurrence of the condition.
  - b. Pulmonary hypertension or Large bullae on chest x-ray
  - c. Marked osteoporosis with history of rib fractures
  - d. Desaturation during or following IMT (<94%)

#### **Contraindications**

Inspiratory muscle training, such as training with this device, is not recommended for patients with certain conditions, including the following:

- a. Asthma patients who have low symptom perception and suffer from frequent, severe exacerbations or with an abnormally low perception of dyspnea;
- b. If you are suffering from a ruptured eardrum or any other condition of the ear;
- c. Patients with marked elevated left ventricular end-diastolic volume and pressure;
- d. Patients with worsening heart failure signs and symptoms after RMT / IMT;
- e. If in doubt, consult your medical advisor.

#### **Cleaning and Maintenance**

Carefully follow this cleaning procedure to maintain its performance and maximize your therapy benefits.

After finishing training, dispatch the mouthpiece and nose clip, wash them with mild soap solution or bath lotion, then rinse them in clear tap water and allow them to air dry.

The trainer can be cleaned with a soft, dust-free cloth.

This cleaning procedure should be followed prior to initial use and thereafter as required.

In the case of long time no use, the device should be put into the gift box.

#### **Storage and Device Lifespan**

The device should be stored in an airy room at a relative temperature between -10°C~40°C, relative humidity 80%.

The lifespan of this device is 3 years assuming normal usage and correct storage conditions.

#### **Warranty**

The device is warranted against manufacturing defects for 12 months from the date of purchase. A receipt showing the date of purchase will be required to claim warranty replacements. The warranty excludes device replacement due to accidental user damage. All freight costs associated with warranty claims will be borne by the consumer.