



Cleaning and Disinfection Guidelines

EMST150 EXPIRATORY MUSCLE STRENGTH TRAINER

The EMST150 was designed as a portable device to help people improve their breathing, swallowing, coughing and voice strength.

We recommend that each patient has/purchase their own personal EMST150. One reason for this is that many patients do much of their training at home. We understand that Doctors' offices and Hospitals may wish to train multiple patients with the EMST150 and therefore need a means of reprocessing each device. The following instructions have been prepared to facilitate both single and multiple-patient use. Single patient use is preferred over multiple patient use whenever possible.

Note: We strongly recommend that if the last user was diagnosed or suspected of having a communicable disease that the entire EMST150 should be disposed of immediately.

****Devices used for multiple patients will need to be replaced more often than those used by only one person.

Patient at Home Cleaning Instructions (Single Users Only, Frequency-Once a Month)

1. Detach mouthpiece and immerse the mp and EMST trainer in warm (not hot) water and washing-up liquid for 20 – 30 seconds. Agitate to ensure thorough cleansing. Do not insert any object, such as a washing-up or bottlebrush, into the trainer when cleaning as damage may occur.
2. Rinse in clean water and shake to remove all excess water. Put to one side and allow to dry naturally before using again. Do not insert cloth or paper towels into the trainer to speed up the drying process.
3. **Frequency:** Once a month. Clean thoroughly if the EMST150 has not been used for some time.

Physician, Hospital and Clinic Cleaning & Disinfection Instructions

It is recommended that hospitals and clinics provide one of the following for each new patient sharing a device.

- a) Disposable cardboard mouthpieces
- b) Sterilizable plastic mouthpieces (available through Aspire Products)

Discard or Reprocess mouthpieces as appropriate, between patients.

- a) Disposable cardboard mouthpieces

Disposable mouthpieces must be discarded after use.

- b) Sterilizable plastic mouthpieces

Sterilizable plastic mouthpiece may be discarded or sterilized after use.

For the EMST150 itself, the following frequency of cleaning and disinfection of the entire trainer is advised:

When Using	Disposable cardboard Mouthpieces	Sterilizable plastic mouthpieces
Frequency	Between Patients	Between Patients

Reprocessing - Sterilizable Plastic Mouthpiece

- Clean using an automatic dishwasher (2 min pre-wash, 3 min detergent wash, dry)

Reprocessing - EMST150 exerciser

Aspire Products, LLC **does not recommend autoclaving** the EMST150 as the process will destroy the performance and/or accuracy.

- A. Inspect the unit for signs of damage or wear, if any is evident replace trainer
- B. Prepare a solution of Cetylite[®] Power Cleaner or Cetylcide II¹ in accordance with the manufacturer instructions, in a container (or a C-Tub), large enough for the EMST150 to be totally submerged.
- C. Follow the manufacturer instructions to ensure proper cleaning and agitate while in the solution to ensure any trapped air is expelled. Do not use any mechanical aids such as brushes or cloths. Rinse and dry as recommended.
- D. Pour a quantity of CIDEX OPA^{®2}. Follow manufacturer's instructions. Place into suitable container. and immerse the EMST150- agitate the trainer and leave it in the solution for 5 minutes. Rinse as stated, shake gently to remove any/all excess water and allow to dry naturally.

Note 1: Cetylite[®] Power Cleaner or Cetylcide II are manufactured by Cetylite Industries, USA. Please refer to the manufacturer's instructions for information concerning use, dilution, rinsing, disposal etc.

Note 2: CIDEX OPA[®] is manufactured by Johnson & Johnson. Please refer to the manufacturer's instructions for information concerning use, dilution, rinsing, disposal etc.