



Cleaning 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 however **Single patient use is strongly recommended over multiple patient use due to potential communicable disease**. The following instructions have been prepared to facilitate single use.

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.