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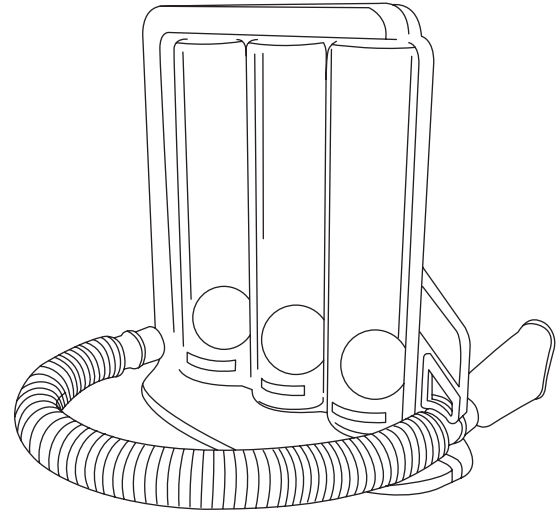
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vive® LUNG EXERCISER



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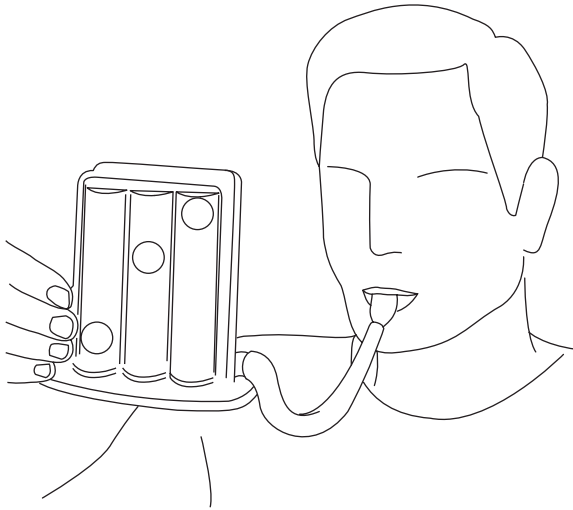
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HOW TO USE THE LUNG EXERCISER

Sit up and hold the lung exerciser



Breathe out (exhale) normally.

Breathe in (inhale) SLOWLY.

A smaller piece in the lung exerciser looks like a ball or disc.

Your goal should be to make sure this ball stays in the middle of the chamber while you breathe in. If you breathe in too fast, the ball will shoot to the top. If you breathe in too slowly, the ball will stay at the bottom. Hold your breath for 3 to 5 seconds. Then slowly exhale.

Take 10 to 15 breaths with your lung exerciser every 1 to 2 hours, or as often as instructed by your nurse or doctor. You may only be able to raise the piston or ball a short distance up the column at first. As you use the lung exerciser, you should be able to breathe in more air over time and get back to the level that is normal for you.