



<p>Threshold™ PEP Positive Expiratory Pressure Device ENGLISH Instructions for Use Make sure there are no foreign objects in the mouthpiece and the device. For Single Patient Use Only. Ref. HS735</p>	<p>CONTENTS: Threshold™ PEP Positive Expiratory Pressure Device Instructions for Use Therapy Diary</p>	<p>1. Turn control knob (Fig.1,A) to align red edge of the pressure indicator (Fig. 1B) to the setting prescribed by your physician. A higher number equals greater effort. Attach mouthpiece firmly.</p>	<p>2. Put nose clip on your nose and breathe through your mouth.</p>	<p>3. Seal lips around mouthpiece, take a full breath in and breathe out 2 or 3 times longer than you breathe in. Continue this pattern for 10-20 breaths (Fig.3).</p>	<p>4. Remove mouthpiece from mouth and perform 2-3 "huff" coughs.</p>	<p>5. Repeat steps 3 and 4 approximately 4-6 times or until your therapy has lasted for about 10-20 minutes, or until secretions have been cleared. Therapy should be performed 2-4 times per day as needed or as instructed by your physician.</p>	<p>Important: Training should be consistent and on-going. Record readings in the Therapy Diary.</p>
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TRAININGSDAGBOEK
Time tijdstip van de training
Min duur van de training in minuten

Week	Instelling	zondag			maandag			dinsdag			woensdag			donderdag			vrijdag			zaterdag		
		T	M	T	T	M	T	T	M	T	T	M	T	T	M	T	T	M	T	T	M	T
1																						
2																						
3																						
4																						
5																						
6																						
7																						
8																						

Deze handleiding is specifiek aangepast voor Nederlandse gebruikers.
Er is geen officiële Nederlandse tekst en uitleg over Threshold PEP ademtrainer.
Zodoende is de meest gangbare taal gebruikt namelijk: Engels.

Bron : www.healthcare.philips.com
Aanpassing : 2 april 2015, zichtbaar maken van Engelse tekst, uitleg en vertaling van de registratiekaart naar Nederlands.
Product : Philips Respiroics PEP expiratoire weerstands-trainer