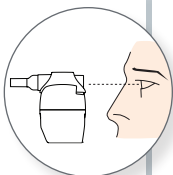
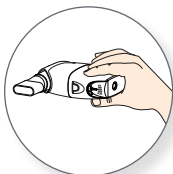
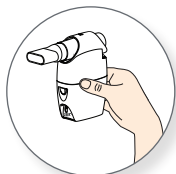


**Quick Start Guide:
Instructions for Use**

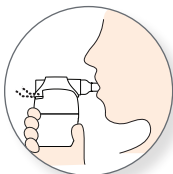
1 Examine device.



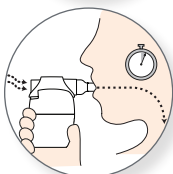
2 Choose any orientation.



3 Insert mouthpiece.



4 Inhale deeply and hold breath for 2 to 3 seconds.



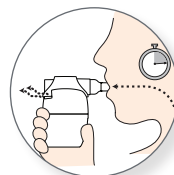
These are abbreviated instructions for use, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.

**AEROBIKA® OSCILLATING
POSITIVE EXPIRATORY
PRESSURE (OPEP)**

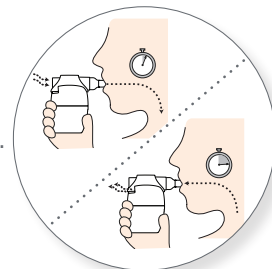


Watch the instructional video at monaghanmed.com

5 Exhale for 3 to 4 times longer than the inspiratory breath.



6 Continue for 10 to 20 breaths or as instructed by your health care provider. Perform 2 to 3 'huff coughs' to clear airway.



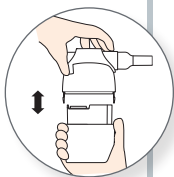
7 Repeat steps 3 to 6 for 10 to 20 minutes or as prescribed.



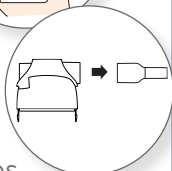
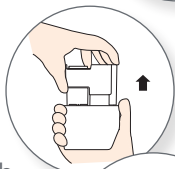
Quick Start Guide: Cleaning Instructions

If you maintain your device according to the instructions, it can be used for up to 12 months.

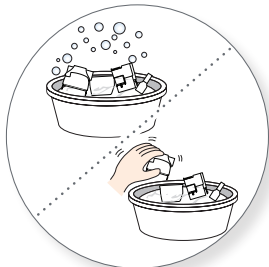
1 Press tabs to release.



2 Remove valve cartridge and mouth piece.



3 Soak 15 minutes in soapy water, agitate gently and rinse.



These are abbreviated cleaning instructions, please remember to read the complete instructions that are packaged with your AEROBIKA® OPEP Therapy System.

AEROBIKA® OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)



Watch the instructional video at monaghanmed.com

4 Shake out water and dry vertically – or place in dishwasher in basket on top rack after performing cleaning instructions 1 and 2.

Dishwasher instructions can be found with the complete instructions packaged with your AEROBIKA® OPEP Therapy System.



5 Reassemble device.

MONTHLY CLEANING

Tap water can leave mineral build-up on your device. To remove this, soak the disassembled device in 1 cup vinegar and 1 cup water for 1 hour, then wash as normal.

