

LungTrainer Models MD2 & MD3

QUICK START GUIDE

This Quick Start Guide provides steps to setup, user, maintain, clean and store the LungTrainer MD2 & MD3 Positive Exhalation Pressure (PEP) therapy devices. For detailed instructions, refer to the **Instructions for Use**, which includes Warnings, Cautions, and Notes about using this product. Visit: <https://lungtrainers.com/pages/get-started-ltmd>

HOW TO UNPACK YOUR LUNGTRAINER

1. Place the LungTrainer package on a table.
2. Open the package.
3. Unpack the LungTrainer, floor stand, mouthpiece kit, and weighted inserts from the package.*
4. Be sure weighted inserts are placed on their **flat ends** so they **do not roll** off the table. Do not drop any of the weighted inserts on the floor as this may damage the inserts and affect their performance.



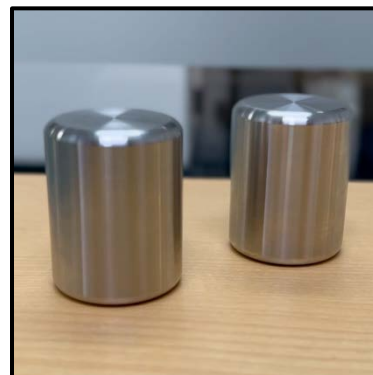
Step 1



Step 2



Step 3



Step 4

**Note: The LungTrainer carrying case includes a Table Stand. This Table Stand can be used to mount your LungTrainer on a table instead of on the floor using the Floor Stand. This quick start guide will only describe the process for mounting and using your LungTrainer on the Floor Stand.*

HOW TO SETUP YOUR LUNGTRAINER WITH 2 WEIGHTED INSERTS

1. Open the floor stand. Extend the legs outward to a comfortable position where the legs are approximately 16 inches apart. Be sure the legs are not too narrow as this may cause the device to tip or fall over. Place the floor stand **on the ground**, and then tighten the hand crank.
2. Extend floor stand pole. Extend vertical pole, tighten hand crank.
3. Mount LungTrainer on floor stand. Tighten thumb screw.
4. Locate the check valve ball bearing in its shipping package.
5. Drop the check valve ball bearing into the air chamber to install in its proper position. Be sure it is seated at the center of the bottom end cap.
6. Install 2 weighted inserts.
7. Close the air chamber and tighten the thumbscrews.
8. Store unused weighted inserts at top of LungTrainer in the insert holders.
9. Alternatively, you can store the unused weighted inserts in the LungTrainer carrying case.
10. Assemble mouthpiece and flexible air tube.
11. Connect mouthpiece and air tube to LungTrainer.
12. Hang the mouthpiece in the mouthpiece holder located on the side of the LungTrainer.



Step 1



Step 2



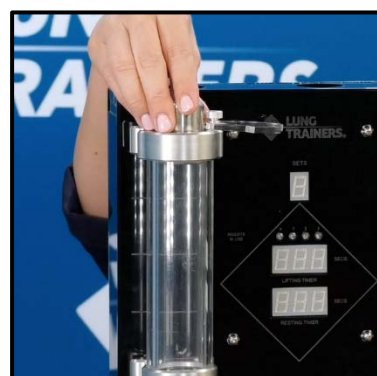
Step 3



Step 4



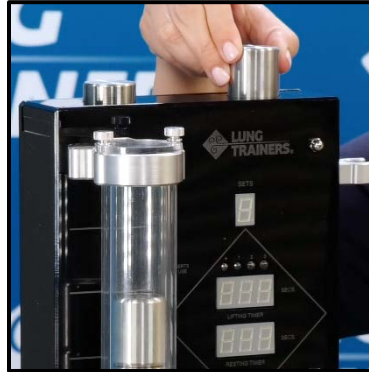
Step 5



Step 6



Step 7



Step 8



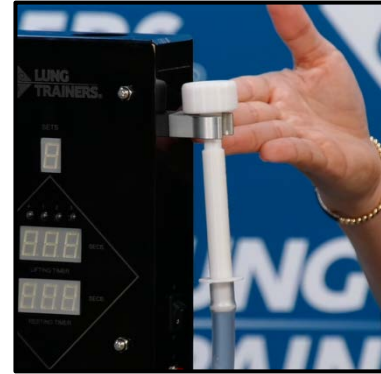
Step 9



Step 10



Step 11



Step 12

HOW TO DETACH THE MOUTHPIECE AND AIR TUBE FROM THE LUNGTRAINER

1. Without dropping, remove unused weighted inserts from top of LungTrainer's insert holders, and place on a table on their **flat ends** so they **do not roll**.
2. Detach the mouthpiece and air tube from LungTrainer. First place your thumb firmly against the bottom end cap.
3. With your other hand, brace the LungTrainer to prevent it from falling over.
4. Pull the flexible air tube to disconnect the tube and mouthpiece from the LungTrainer.



Step 2



Step 3



Step 4

HOW TO REMOVE 1 WEIGHTED INSERT FROM THE AIR CHAMBER

1. Without dropping, remove unused weighted inserts from top of LungTrainer's insert holders, and place on a table on their **flat ends** so they **do not roll**.
2. Detach the mouthpiece and air tube from LungTrainer (See steps under **HOW TO DETACH THE MOUTHPIECE AND AIR TUBE FROM THE LUNGTRAINER**).
3. Open the air chamber.
4. Unscrew the thumb screw on the pole bracket.
5. Lift LungTrainer off the floor stand.
6. Remove all inserts from the LungTrainer. To do this, **slowly** tilt the LungTrainer sideways, and **carefully** allow the weighted inserts to slide out of the chamber **one by one**, and into your hand.
7. Place weighted inserts on a table on their **flat ends** so they **do not roll**.
8. Ensure the check valve ball bearing is in its correct position at the bottom of the air chamber.
9. Mount LungTrainer on floor stand. Tighten thumb screw.
10. Reinsert 1 weighted insert into the air chamber.
11. Close the air chamber and tighten the thumbscrews.
12. Reattach the mouthpiece and air tube to LungTrainer.
13. Store unused weighted inserts at top of LungTrainer in the insert holders.



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

LungTrainer MD2 & MD3

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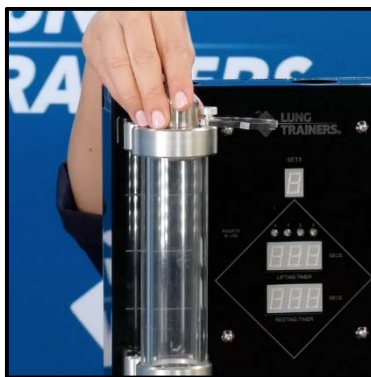
Step 7



Step 8



Step 9



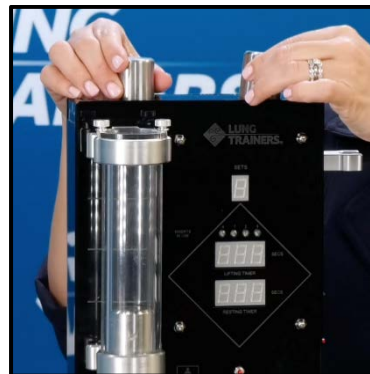
Step 10



Step 11



Step 12



Step 13

LungTrainer MD2 & MD3

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HOW TO USE YOUR LUNGTRAINER

1. Turn on the LungTrainer using the power button.
2. Take the mouthpiece by hand. Be sure the 3 holes on the air regulator are facing up. Identify and cover the 2nd and 3rd holes on the air regulator using two fingers. Leave the 1st hole uncovered.
3. Place the mouthpiece firmly up against your lips.
4. Inhale through your nose. Exhale forcefully through the mouthpiece.
5. The weighted insert will rise in the air chamber.



Step 1



Step 2



Step 3



Step 4



Step 5

HOW TO RESET THE RESTING TIMER, LIFTING TIMER AND SET COUNTER

1. Press the red reset button on the front of the LungTrainer to reset the Resting Timer to zero.
2. Press the red reset button on the side of the LungTrainer to reset the Lifting Timer and Set Counters to zero.



Step 1

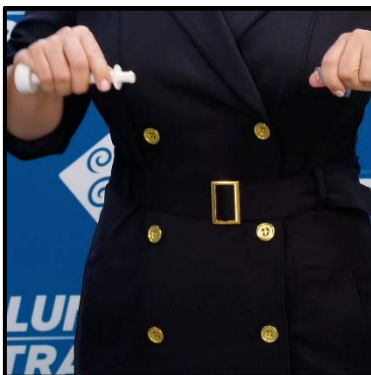


Step 2

HOW TO CLEAN YOUR MOUTHPIECE

The mouthpiece and air tube assembly are to be cleaned *after the completion of each treatment session*.

1. Detach the mouthpiece and air tube from LungTrainer (See steps under **HOW TO DETACH THE MOUTHPIECE AND AIR TUBE FROM THE LUNGTRAINER**).
2. Disassemble the air tube and mouthpiece by pulling apart the tubing and mouthpiece.
3. Prepare a clean sink or basin of soapy water.
4. Manually clean the separated mouthpiece and tubing by submerging them in the soapy water.
5. Swirl all parts around for about **five (5) minutes**.
6. Rinse each part thoroughly with clean tap water for **one (1) minute**.
7. Shake out excess liquid from the mouthpiece and air tub.
8. Allow the parts to air dry completely before re-assembling.



Step 2



Step 3



Steps 4 & 5



Step 6



Steps 7 & 8

HOW TO CLEAN THE LUNGTRAINER

The LungTrainer's exterior surfaces are to be cleaned *after the completion of each patient treatment session*. These instructions apply to cleaning the device after use in a clinical environment as well as in a patient's home.

1. Without dropping, remove unused weighted inserts from top of LungTrainer's insert holders, and place on a table on their **flat ends** so they **do not roll**.
2. Make sure the air chamber's cover is tightly closed by ensuring the two (2) thumbscrews are securely tightened.
3. Detach the mouthpiece and air tube from LungTrainer (See steps under **HOW TO DETACH THE MOUTHPIECE AND AIR TUBE FROM THE LUNGTRAINER**).
4. Clean all exterior surfaces of the LungTrainer, the floor stand, and uninstalled weighted inserts with a **dry lint-free microfiber cloth**.



Step 1



Step 2



Step 4

HOW TO DISINFECT THE LUNGTRAINER

When used in a clinical environment, the device exterior is to be disinfected with a spray - wipe - spray method *after the completion of each patient treatment session*. Before disinfection, be sure to follow the cleaning instructions.

1. Put on a pair of gloves.
2. Remove **all weighted inserts** from the LungTrainer, including any uninstalled weighted inserts from the insert holders and any inserts in the air chamber. Place all inserts on a table or flat surface.
3. Check to make sure the LungTrainer is powered off.
4. Make sure the air chamber's cover is tightly closed by ensuring the two (2) thumbscrews are securely tightened.
5. Using Metrex Brand CaviCide™ liquid surface disinfectant, **spray** all exterior surfaces of the LungTrainer, the floor stand, and uninstalled weighted inserts.
6. Allow the disinfected surfaces and weighted inserts to sit for a **minimum of ten (10) minutes**.
7. Using Metrex brand CaviWipes™ Bleach disinfecting towelettes, **wipe** all exterior surfaces of the LungTrainer, the floor stand, and uninstalled weighted inserts.
8. Allow the disinfected surfaces and weighted inserts to sit for a **minimum of ten (10) minutes**.
9. Using Metrex Brand CaviCide™ liquid surface disinfectant, **spray** all exterior surfaces of the LungTrainer, the floor stand, and uninstalled weighted inserts.
10. Allow the disinfected surfaces and weighted inserts to sit for a **minimum of ten (10) minutes**.
11. Allow all parts to dry completely.
12. Any visible residue left behind by the disinfectants can be removed with a lint free microfiber cloth.
13. Place all weighted inserts into the insert holders inside of the LungTrainer carrying case.



Step 1



Step 2



Steps 5 & 9



Step 7



Step 12



Step 13

HOW TO STORE YOUR LUNGTRAINERS

1. Firmly grab the vertical floor stand pole.
2. Loosen the hand crank.
3. Gently lower the device to a low level.
4. Re-tighten the hand crank.
5. Place the LungTrainer in a low-traffic area where it will be safe.



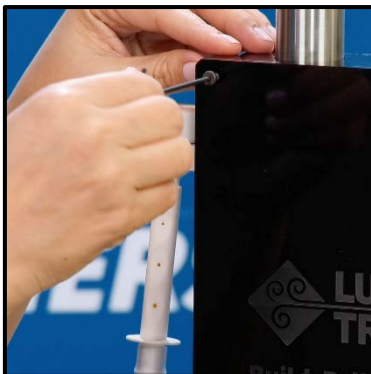
Steps 1 & 2



Steps 3 & 4

HOW TO CHANGE THE BATTERIES FOR YOUR LUNGTRAINERS

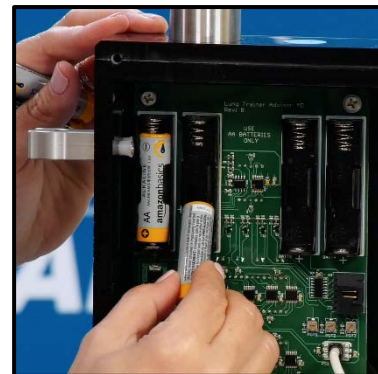
1. Use a hex key screwdriver to unscrew the four (4) screws located in each of the four corners on the back side of the LungTrainer.
2. Remove the back-acrylic cover from the casing of the LungTrainer.
3. Remove the four (4) AA batteries by first pulling at the plus (+) end of the battery.
4. Insert four (4) new AA batteries. Be sure to insert in the correct position.
5. Secure the back-acrylic cover to the casing of the LungTrainer using the four (4) screws and a hex key screwdriver.



Step 1



Step 2



Steps 3 & 4

FREQUENTLY ASKED QUESTIONS (FAQ) AND HELPFUL TIPS

1. Before using the LungTrainer, be sure you are aware of the following in order to properly use the LungTrainer:
 - a. Patients and users must have vision corrected to at least 20/40.
 - b. Patients and users must understand hygiene and cleaning with soap and water and how to use disinfectant products.
 - c. Patients must have the strength & dexterity to grip the mouthpiece and put fingers over the air flow regulator holes.
 - d. Patients must be able to lift a 15lb (4.5kg) weight.
 - e. Patients and users must understand that a basin, soap and water, and specified disinfectants are necessary to clean and use the device.
2. Always operate and store the LungTrainer in a safe environment, and away from children and pets.
3. Only use LungTrainer-approved accessories specified in the Instructions For Use (IFU) as replacement accessories for the LungTrainer.
4. Never use the LungTrainer with anything in your mouth such as food, gum, or breath mints.
5. Only transport and store the LungTrainer between the following ranges:
 - a. Temperatures: -25°C to 70°C (-13°F to 158°F)
 - b. Relative humidity: 0% to 93% RH ± 3%,
 - c. Atmospheric pressure: 700hPa to 1,070hPa
6. Only operate the LungTrainer between the following ranges:
 - a. Temperature: 5°C to 40°C (41°F to 104°F)
 - b. Relative humidity: 15% to 93% RH ± 3%
 - c. Atmospheric pressure: 700hPa to 1,070hPa
7. After bringing the LungTrainer out of storage or transport, let the device adjust to room temperature by allowing it to sit for 24hrs before use.
8. Only assemble and use the LungTrainer on a flat surface, never do so on an inclined or sloping surface.
9. Different mouthpieces and air tubes **must** be used with different patients; they are **not to be shared**.
10. The LungTrainer, mouthpiece and air tube should be cleaned after each therapy session.
11. The LungTrainer should be disinfected after each therapy session.
12. It is time to replace the batteries if the timers and displays start to dim or the digital displays do not operate properly.
13. The expected service life of the LungTrainer is 5 years.
14. The expected service life of the mouthpiece and air tube is 1 year.
15. If you need replacement accessories, contact LungTrainers.
16. Should your LungTrainer need repair, contact LungTrainers, and send it back to Lung Trainers LLC for repair.
17. The LungTrainer should be disposed of by contacting LungTrainers and sending the device back to Lung Trainers LLC for disposal.
18. The **lowest** therapy level for the mouthpiece air regulator is with **all holes covered**, while the **highest** therapy level is with **all holes open**.

CONTACT INFORMATION

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