

**The AEROBIKA<sup>®</sup> OPEP therapy system could help you if you have the following symptoms:**

- A long-lasting cough
- Shortness of breath
- An ineffective cough
- Difficulty walking long distances
- A cough with mucus
- Lung infections
- Breathlessness with daily tasks

A recent study of COPD patients showed use of the AEROBIKA<sup>®</sup> OPEP Therapy System for just 4 weeks created noticeable improvements.<sup>1</sup>

CLINICALLY SUPPORTED.

DRUG-FREE.

EASY TO USE.

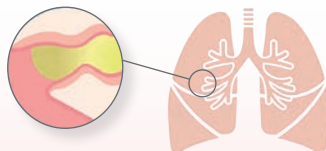
## AEROBIKA<sup>®</sup> OSCILLATING POSITIVE EXPIRATORY PRESSURE (OPEP)



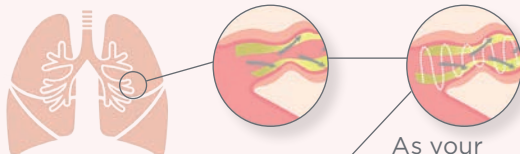
Watch the instructional video at [monaghanmed.com](http://monaghanmed.com)

### Why the AEROBIKA<sup>®</sup> OPEP Works

Before use, an airway is plugged with mucus.



As you exhale through the Aerobika<sup>®</sup> OPEP, your airways are opened.



As your airways open, vibrations from the Aerobika<sup>®</sup> OPEP help thin and loosen mucus which can then be coughed out.

Treatments may help your inhaled medication to work better too.<sup>2</sup>

Your doctor suggests:

Your recommended treatment time is \_\_\_\_\_ a day.

Start with \_\_\_\_\_ minutes for the first week. Add \_\_\_\_\_ minute(s) to each session each week.

Your goal is to reach \_\_\_\_\_ minutes over the next few weeks.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A higher resistance setting doesn't necessarily make your treatment more effective. It should only be set up and changed by a healthcare professional.



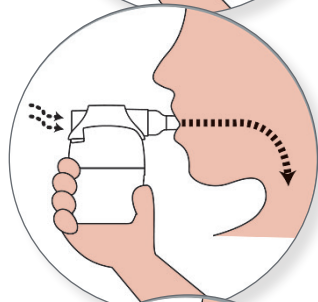
Resistance Settings

## How to Use the AEROBIKA® OPEP

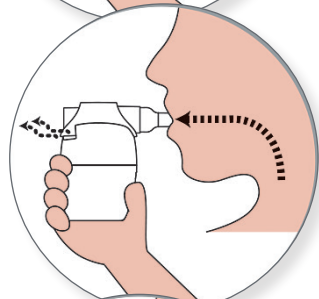
**1** Close lips around mouthpiece.



**2** Inhale and hold 2 to 3 seconds.



**3** Exhale slowly, steadily and firmly.



**4** Repeat and cough as directed.



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

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<sup>1</sup> S Svenningsen, M Kirby, J Suggett, A Wheatley, N Kanhere, A Hasany, S Blamires, G Parraga and DG McCormack. *Oscillatory Positive Expiratory Pressure in Chronic Obstructive Pulmonary Disease*. Abstract submitted for publication.

<sup>2</sup> Wolkove N, et al. *CHEST* 2002;121(3):702-7.