# Let's Talk About ...

## Using an Aerobika<sup>®</sup> OPEP device: Clearing mucus from the lungs

If your child has cystic fibrosis or another lung condition that makes it difficult to cough up mucus, they may benefit from an oscillating positive expiratory pressure (OPEP) treatment.

#### What is an OPEP device?

A handheld OPEP device allows air to get in and behind the mucus. It uses oscillating positive expiratory pressure to clear mucus from your child's airways. As your child breathes out through the OPEP device, they will feel pulses that loosen and move the mucus from the smaller to larger airways.

The Aerobika<sup>®</sup> OPEP device creates positive pressure, like the pressure that holds a balloon open when you blow it up. This positive pressure opens the airways in your child's lungs. The combination of oscillation and positive expiratory pressure makes it easier for your child to cough up the mucus.

## Why does my child need to use an OPEP device?

An OPEP device can help children who have cystic fibrosis or another lung condition that makes it difficult to cough up mucus. It opens their airways and helps loosen and move mucus to the upper airways so they can cough or huff cough it out. It can help your child stay healthy and breathe easier.

## How does my child use an Aerobika<sup>®</sup> OPEP device?

Have your child follow these instructions:

1 Select the most positive (+) resistance setting tolerated (Higher pressure, lower frequency/ slower oscillations).



- 2 Place the mouthpiece lightly in your mouth between your teeth and create a tight seal on the mouthpiece while breathing in. You may use nose clips to make it easier to breathe through your mouth.
- 3 Using diaphragmatic breathing, take a larger-than-normal breath (but do not fill your lungs completely).
- **4** Hold your breath for 3 seconds.

- **5** Exhale actively, but not too forcefully, through the device for 3–4 seconds while the device vibrates.
- **6** To achieve the best results, keep your cheeks as hard and flat as possible. Holding your cheeks lightly may help you learn the technique.
- 7 Take 10 breaths this way.
- 8 Select the most negative (–) resistance setting tolerated (Lower pressure, higher frequency/ faster oscillations).
- 9 Repeat for 10 more breaths, following steps 2–6.
- **10** Remove the mouthpiece and perform huffs or the active cycle of breathing techniques (ACBT).
- **11** Repeat these steps for a 30-minute airway clearance session.

#### How do I clean the Aerobika<sup>®</sup> OPEP device?

You must clean and disinfect the Aerobika OPEP device after each use.

- Clean the Aerobika OPEP device in liquid dish soap and hot water.
- To disinfect the Aerobika OPEP device, refer to the Aerobika OPEP device's instructions for use booklet. You can also read the Cystic Fibrosis Foundation's Infection Prevention and Control Guidelines 2013 Update for disinfecting methods.

After disinfection, make sure the Aerobika OPEP device air dries completely.

#### What if I have questions about the OPEP device?

If you have questions about using, cleaning, or disinfecting the Aerobika OPEP device, contact your child's healthcare provider.

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#### Notes