

# **PULMOTRAINER**

## **Using instruction**

Pulmonary function improver device for asthmatic and respiratory problems

Research and innovation in this subject managed to create an inhaler device which combines all single function instruments into a multifunctional form. The purpose of the product development was to create a newer design and a user friendly construction. Our goal was to reduce the danger of swallowing the small components of the instrument; we also aimed to find a more practical usability without an external power source.

Two versions of the PULMOTRAINER are available:

- Standard - white, glossy PC material with clear cap, without inhaler adapter
- Children- trade-name "Magic pipe", clear material with colorful accessories without inhaler adapter

1/ The device has six components.

- Upper cap with ventilating slots
- Solid figure(special ball)
- House(house and an ergonomically designed mouthpiece)
- Valve-box
- Adjustable screw-unit(contains two non-disintegrable parts)
- Closed lower cap without ventilating slots

Easy to use. Compared to previous models, this device is not sensitive to motions during usage.

No need to adjust the setting angle for proper use.

The needed amount of exhaled air and the right pressure can be adjusted during use.

As a result of exhalation a vibration causes oscillations inside the house. This causes a vibration in the airway walls, which in turn facilitates the movement of the secretion up the airways, consequently improving lung function and oxygenation.

The usage of PULMOTRAINER is recommended for:

Patients who has diagnosis of:

- 1) Chronic Obstructiv Pulmonary Disease (COPD)
- 2) Chronic bronchitis
- 3) Mucoviscidosis (inherited disorder that involves mucus and sweat glands)
- 4) Bronchiectasia (Abnormal permanent dilation of the bronchial tubes)
- 5) Emphysema
- 6) Asthma bronchiale

Everybody who has following symptoms:

- 1) Chronic cough
- 2) Productive cough

Postoperative use -lung training - to increase vital capacity and lung function, avoiding postoperative complication (for example postoperative inflammation). Only with medical supervision!

How to use PULMOTRAINER:

Hold the device in your hand. Relax abdominal muscles, inhale deeply and hold your breath for a few seconds before exhaling into the mouthpiece by feeling a smooth "vibration" in your chest. Exhalation should be performed as slowly as possible to continuously keep up the vibration. Breathe evenly, the rhythm of exhalation should not be fast or sudden.

Use PULMOTRAINER daily to improve lung function. Start with 5 minutes, 3 times a day in the first 3 days, then increase the time progressively up to 7-8min., then to 10-12min.

It may take 10-15 days of regular daily use to see permanent results.

PULMOTRAINER can be used long term with no harmful side effects, specially recommended during the Spring/Fall season.

Using PULMOTRAINER daily:

- Increases lung capacity
- Relieves respiratory problems
- Helps to remove thick mucus from the lungs
- Increases oxygen uptake efficiency (Oxygen-carbon dioxide exchange)

PULMOTRAINER combines positive expiratory pressure and cyclic oscillation in a simple, efficient mechanical equipment.

Warning!

Do not use this product when you secrete a large amount of mucus (sputum).

Breathe still while using this product, avoid sudden or fast exhalation.

Easy to use!

Convenient, comfortable to use anywhere you need it:

PULMOTRAINER does not need an external power source.

Easy to carry, pocket size, portable.

Non-corrosive, made from harmless material.

Cleaning, disinfecting:

a) Rinsing, cleaning:

Rinse the device with cold water after each use. Rinse the assembled device first then the disassembled parts. Make a disinfection solution: add 2 Neomagnol tablets to 1 L of water, and soak the parts for 2 hrs. After soaking, clean all parts with a soft brush, then rinse them with warm water.

b) Disinfecting:

Place the cleaned parts into a pot(it's recommended to use the pot for this purpose only) fill up with cold water then boil it for 30 min. Make sure the water fully covers every component during boiling. Dry the parts with a clean cloth, assemble them and keep the device in a clean, dustless place.

Ask your doctor before you start using this product! Ask your doctor/pharmacist about the possible side effects.

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