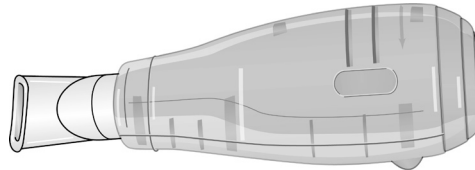


## Acapella®

The Acapella® is a hand-held device. It combines back pressure and vibrations to help clear mucus and expand the lungs.

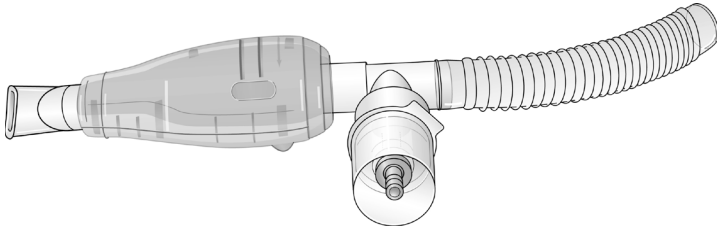


### How to do an Acapella® Treatment

1. Before you start the treatment, wash your hands with soap and warm water. You may also use anti-bacterial hand gel.
2. Set the dial to a number which gives you a comfortable breath when breathing out. Rotate the end dial to “1” for less resistance, and “5” for more resistance.
3. Sit upright with your elbows resting on a table, using good posture.
4. Place the mouthpiece between your teeth. Make a tight seal around the mouthpiece with your lips.
5. Take a deep breath.
6. Hold your breath for 2-3 seconds.
7. Blow out slowly and forcefully into the Acapella®. Keep your cheeks hard and flat while you are breathing out.
8. While breathing out, you will feel a “fluttering” feeling in your neck and lungs. If you put your hand on your chest while you exhale, you should feel the vibrations. If you do not feel vibrations on your chest, blow out with more force or change the dial for more resistance.
9. Breathe out 3 to 4 times as long as you breathe in.
10. Keep taking slow deep breaths while breathing out through your Acapella® valve. Do this for about 5 minutes or 20 breaths.
11. Remove the mouthpiece and cough or “huff cough.” To huff cough, take a deep breath. Hold it for 1-3 seconds. Then, force air out of your lungs with your mouth open. It is like you are trying to fog a mirror.
12. Keep breathing with the Acapella® with breaks to cough about every 5 minutes. Total treatment time should be 20 – 30 minutes.
13. **It is very important to pace yourself as you breathe out into the Acapella® device. Pause for a few seconds between breaths. If you feel dizzy or get a headache, stop and breathe normally. Finish your Acapella® treatment at a slower pace.**
14. **After doing an Acapella® treatment, it is very important to remove the mouthpiece and open the device. Let air dry between uses.** Air drying will help prevent germs from growing inside it. The round metal disc inside the Acapella® should be dried to prevent rusting.
15. Your doctor has ordered the therapy \_\_\_\_\_ times per day.

### **Using the Acapella® with Your Nebulizer**

Your Acapella® can be used at the same time as your nebulizer treatment. Follow the set-up picture. You must take breaths in through the Acapella® mouthpiece to get medicine into your lungs.



### **Cleaning and Disinfecting Your Acapella®**

The Acapella® should be cleaned and disinfected every day.

#### **Dishwasher/Baby Bottle Steamer Method**

Take apart the Acapella®. Put pieces in a basket on the top shelf of the dishwasher or in steamer. To cut mineral build up from your water, add a rinse aid to dishwasher.

### **Rubbing Alcohol Method**

1. Take the Acapella® apart. Wash the pieces in warm soapy water.
2. Rinse with hot tap water.
3. Place the Acapella® pieces in a bowl. Add enough rubbing alcohol (isopropyl alcohol) to completely cover the pieces.
4. Soak the Acapella® pieces for 5 minutes.
5. Rinse the Acapella® pieces with **sterile water**. Do not use water from the faucet, bottled, or distilled water. You can make water sterile by boiling it for 5 minutes. Use this water once, and then throw it out.
6. Place the Acapella® pieces on a paper towel to dry.

### **Cleaning Your Nebulizer**

If you are using the Acapella® with a nebulizer, clean them both at the same time. For cleaning instructions, refer to the Nebulizer for Respiratory Therapy *Health Facts for You* #6922.

If you have questions or need supplies, contact UW Home Health at **(608) 203-2273**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6006