

Aerobika®

The Aerobika® is an airway clearance device that combines back pressure and vibrations to help clear mucus from the lungs. Do not use the Aerobika® if you had recent sinus surgery.



How to Do an Aerobika® Treatment

1. Before starting the treatment, wash your hands with soap and warm water, or use anti-bacterial hand gel, to reduce the risk of infection.
2. Set the dial on the end of the device to a setting which gives you a comfortable breath when breathing out. Your breath out should last 3-4 times longer than breathing in.
3. Sit with your elbows resting on a table or sit upright with good posture.
4. Take a deep breath in. Place the mouthpiece between your teeth and make a tight seal around it with your lips.
5. Hold your breath for 2-3 seconds.
6. Blow out slowly and forcefully into the device. Keep your cheeks hard and flat while you are breathing out. You will feel “fluttering” in your neck and lungs. If you put your hand on your chest while breathing out, you should feel the vibrations. If you do not feel vibrations, blow out with more force or move the dial to the left + sign.
7. Keep taking slow deep breaths while breathing out through your device for about 5 minutes or 20 breaths.
8. 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 like you would do if you were trying to fog a mirror.
9. Continue breathing with the device with breaks to huff cough about every 5 minutes for a total treatment time of 20 – 30 minutes.
10. **It is very important** to pace yourself as you breathe out into your device. Pause for a few seconds between breaths. If you feel dizzy or get a headache while doing the Aerobika®, stop, breathe normally and finish your treatment at a slower pace.
11. After doing an Aerobika® treatment, **it is very important** to remove the mouthpiece and open the device to air dry between uses. Air drying will help prevent germs from growing inside the device.

Using the Aerobika® with Your Nebulizer

Your device can be used at the same time you are doing your nebulizer treatment. You must take breaths in through the Aerobika® mouthpiece instead of the nebulizer mouthpiece.

Cleaning the Aerobika®

Clean and disinfect your device each day, using one of these methods.

Dishwasher/Baby Bottle Steamer Method

1. Take apart your device
2. Put the pieces of the device in a basket on the top shelf of the dishwasher or in steamer.
3. Using a rinse aid in your dishwasher will cut mineral build up from your water.

Rubbing Alcohol Method

1. Take apart your device. Wash the pieces in warm soapy water.
2. Rinse with hot tap water.
3. Place the pieces of your device in a bowl and add enough rubbing alcohol (isopropyl alcohol) to completely cover the pieces.
4. Soak the pieces for 5 minutes.
5. Rinse the 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 pieces on a paper towel to dry.

Microwave Method

1. Take apart your device. Wash the pieces in warm soapy water.
2. Rinse with hot water.
3. Place the pieces in a bowl. Add enough water to completely cover the pieces.
4. Microwave for 3-5 minutes. Use a shorter time in high power microwaves to keep the pieces from melting.
5. Place the pieces on a paper towel to dry.

Cleaning Your Nebulizer

If you are using the Aerobika® with a nebulizer, please clean your nebulizer at the same time. Please see *Health Facts for You #6922* for cleaning instructions.

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 © 8/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7780