NHS
University Hospitals Sussex
NHS Foundation Trust

Aerobika device

Respiratory

Patient information



What is this information about?

This information is about the Aerobika device. It explains:

- how an Aerobika device works.
- the benefits you may get from using your Aerobika.
- how to use your Aerobika.
- how to clean your Aerobika.
- what you should do if you have any problems with your Aerobika or would like any further information.

Why have I been given this information?

You have been given an Aerobika device to help manage the secretions (mucus/sputum) you may experience as part of your chronic lung condition (a lung condition which lasts for a long time) such as bronchiectasis or chronic obstructive pulmonary disease (COPD).

Your condition means that mucus (sputum) builds up in your lungs making it difficult for you to breathe. The Aerobika can help to loosen the mucus so that you can cough it up.

Following the advice in this information leaflet will help you to use the device in the best way to clear secretions from your lungs safely.

What benefits might I get from using the Aerobika device?

If you use your Aerobika device as instructed, it may:

- reduce your need to cough throughout the day.
- provide vibrations in your lungs to loosen the mucus.
- help reduce the number of infections or exacerbations you have.
- help Improve feelings of breathlessness.
- support drug free, natural airway clearance.

How does an Aerobika device work?

An Aerobika is a type of oscillating positive expiratory pressure (OPEP) device. It works in two ways:

- It uses resistance to make it more difficult to breathe out (creating positive expiratory pressure).
- The Aerobika allows air to flow freely as you breathe in, but not when you breathe out. You must breathe out harder against the resistance. It takes about four times as long to breathe out against the resistance than it does to breathe in.
- This helps air get behind the mucus and helps move it from lung and airway walls. It also holds your airways open, keeping them from closing for more effective clearance.
- It creates vibrations (oscillations) through a 'rocker' in the device which help move mucus from your airways.

You can find further information about how the Aerobika works in the below video from the company that make it.
https://youtu.be/PzwNDnre6Ng

How will I know what level the resistance indicator level on my Aerobika should be set to before I use it for the first time?

Your physiotherapist will advise you on what level the resistance indicator should be set at.

Check before each use of the Aerobika that your resistance indicator is set on ____.

How should I use the Aerobika?

1. Sit in a comfortable position, with your shoulders relaxed. This device can be used sitting, lying down or in a particular position as advised by your physiotherapist.
2. Make sure your breathing is comfortable and you are not out of breath. If you are, spend a few minutes slowing your breathing down.
3. Put the Aerobika in your mouth and tightly seal your lips around the mouthpiece.
4. Breathe in slowly through your nose (if able) and slightly deeper than normal. Hold this for 2-5 seconds to allow your lungs to fill.
5. Breathe out through your mouth firmly and steadily and into the Aerobika, keeping your cheeks flat. Do not empty your lungs completely. You should feel vibrations in your chest and not in your cheeks.
6. Repeat these breaths through the Aerobika 10 times or as advised by your physiotherapist. This is called a cycle.
7. After the first cycle, if you can feel mucus ready to be cleared, try a huff or cough.
8. Take a rest for as long as you need to return your breathing to relaxed breathing. Repeat cycles over a 10 to 5 minute period.
9. Then relax your breathing before you get up and move about.

How often should you use the Aerobika?

You should use your Aerobika twice a day or as advised by your physiotherapist, to maintain your chest clearance when you are well. This may need to be more often if you get a chest infection or have an exacerbation.

How often should I clean the Aerobika?

- **Every day:** Wash your Aerobika in hot, soapy water and air dry it. This is important to reduce your risk of infection.
- **Once a week:** sterilise your Aerobika by putting it in boiling water for five minutes after you have washed it. Allow to air dry.

How should I take my Aerobika apart before I wash or sterilise it?

- Pull the mouthpiece off.
- Press the tabs on either side of the device and lift the top off.
- Remove the centre cartridge – Be aware, this piece does **not** come apart further.

You should have four pieces like in the picture below.



Are there any symptoms that I might get whilst I am using the Aerobika that means I should seek medical help or advice?

There are no documented side effects for using the Aerobika. Some users have reported mild dizziness symptoms. If this happens, stop using the Aerobika until it clears, then restart. Always use it whilst sitting down.

How often should I replace my device and how do I do this?

Your device should be replaced either every 12 months or immediately if damaged.

You can ask your GP to prescribe a new device for you.

Your personalised Aerobika routine:

Who can I contact if I need further information or support after I have read this information?

Respiratory physiotherapy, Worthing Hospital.

If your call is not answered, please leave a message and a respiratory nurse will return your call.

Phone 01903 285 253

Email uhsussex.physioadmin@nhs.net

We are Smoke-Free. Smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0300 123 1044 (England only).

This information is intended for patients receiving care at Worthing Hospital.

Ref. number: 2376
Publication date: 07/2024
Review date: 07/2027

© University Hospitals Sussex NHS Foundation Trust Disclaimer:
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

CPIG
carer and patient information group approved