

Using your Acapella®

Patient information sheet

What is the Acapella®?

The Acapella® is a small hand held device for airway clearance. It has both resistive and vibratory features, which help loosen and clear secretions from your chest.

The equipment consists of a detachable mouth piece, lid/cover and a base unit. The base unit has a rocker assembly with a counterweighted plug and magnet with an adjustable dial.

How does the Acapella® work?

When you breathe out through your Acapella®, the airflow causes the rocker to move in one direction. The rocker, counterweighted by the magnet, moves back into its original position with a see-saw action. This causes the vibration and resistance to your airflow which is then transmitted to your lungs.

The resistance to the airflow will help keep your airways open to get air behind the sputum and help it move upwards.

The vibrations will help to loosen secretions from airways and move them up more easily for effective chest clearance.

The dial at the end of the Acapella® varies the resistance to the airflow which changes how easy or difficult it is to breathe out (1 is easiest and 5 is hardest). Your physiotherapist will advise on this.

How to use the Acapella®

Your physiotherapist will show you how to use the Acapella®.

- You can use the Acapella® sitting, lying down or any other postural drainage positions as advised.
- Take any inhalers or bronchodilator nebulisers as prescribed to prepare your airways first.
- Do a few relaxed slow breaths before using the Acapella®.
- Make sure you form a tight seal with your lips around the mouthpiece.
- Keep your cheeks held in to maximise the vibration felt in your lungs.
- Breathe in slowly, ideally through your nose, taking a slightly deeper breath in than normal but not a full deep breath.
- Hold your breath for approximately two to three seconds.
- Breathe out through the Acapella® actively but not forcefully.



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Large print copies and alternative language versions of this leaflet can be made available on request.

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How to clean your Acapella®?

- Breathe out for approximately three to five seconds so that you can feel vibrations in your chest.
- Breathe out as far as comfortable but do not breathe out until you are completely empty.
- Try to suppress your cough.
- Repeat eight to ten breaths.
- Do a few more relaxed slow breaths without the Acapella®.
- Then huff as directed one to two times.
- Repeat this for at least three cycles in the position advised by your physiotherapist or until you have cleared all your sputum.

How often to use your Acapella®?

- Try to use your Acapella® twice daily or as directed by your physiotherapist.
- If you are unwell or have an active infection you may need to increase this to three to four times per day to clear the excess secretions in your lungs.
- If you are unwell and using the Acapella® several times a day you may need to reduce how long you do it for each time to avoid getting too tired.
- If you have a pneumothorax (collapsed lung), or are coughing up fresh blood then stop using the Acapella®. Contact your physiotherapist for further advice.

- After each use take apart your Acapella® into four pieces. Wash it in warm soapy water and rinse thoroughly. Allow parts to air dry.
- Your Acapella® should be sterilised at least once a week by using one of the following methods below.
- Boil parts in water for five minutes. Use distilled, deionised or de-mineralised water to prevent the metallic components getting calcified.
- Acapellas can be steam sterilised.
- Several other methods are recommended by the company. Please refer to the instruction manual.
- Do not microwave.
- Do not use products containing bleach as it may corrode the nickel plated mechanism in the device.

NB: Please remember to bring your Acapella® if you have a planned admission to the hospital (or an outpatient appointment in the lung defence clinic), so that the physiotherapist can check your technique.

If you have any questions about your Acapella® then please contact the physiotherapy team on **01223 638215** or ask when you come to an outpatient clinic.

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