



Canadian Alternatives in Noninvasive Ventilation

CoughAssist E70

Name: _____

Your doctor wants you to use a CoughAssist® device regularly to help clear the mucus from your lungs. The CoughAssist® device will fill your lungs with air and then help you start a strong cough. If coughing is still hard for you, your doctor may want you to apply firm and rapid pressure to your abdomen for a stronger cough. Always use your CoughAssist® device as your doctor tells you.

Some key terms:

- Inhale : means to breathe in.
- Exhale : means to breathe out.
- Cough cycle : means one inhale + one exhale, with very little pause in between.
- Treatment : means 3 to 5 cough cycles.

Your therapy plan:

- Do 3 to 5 cough cycles: this means to breathe in and out 3 to 5 times.
- Take a short break (so you won't feel dizzy).
- Repeat, 3 to 5 more times.

Your doctor will tell you which of these CoughAssist® presettings to use:

CoughAssist® Preset 1	
Mode	
Cough-Trak	
Inhale pressure (cmH ₂ O)	
Inhale flow	
Inhale time (seconds)	
Exhale pressure (cmH ₂ O)	
Exhale time (seconds)	
Pause time (seconds)	
Oscillation	
Frequency (Hz)	
Amplitude (cmH ₂ O)	

CoughAssist® Preset 2	
Mode	
Cough-Trak	
Inhale pressure (cmH ₂ O)	
Inhale flow	
Inhale time (seconds)	
Exhale pressure (cmH ₂ O)	
Exhale time (seconds)	
Pause time (seconds)	
Oscillation	
Frequency (Hz)	
Amplitude (cmH ₂ O)	

CoughAssist® Preset 3	
Mode	
Cough-Trak	
Inhale pressure (cmH ₂ O)	
Inhale flow	
Inhale time (seconds)	
Exhale pressure (cmH ₂ O)	
Exhale time (seconds)	
Pause time (seconds)	
Oscillation	
Frequency (Hz)	
Amplitude (cmH ₂ O)	

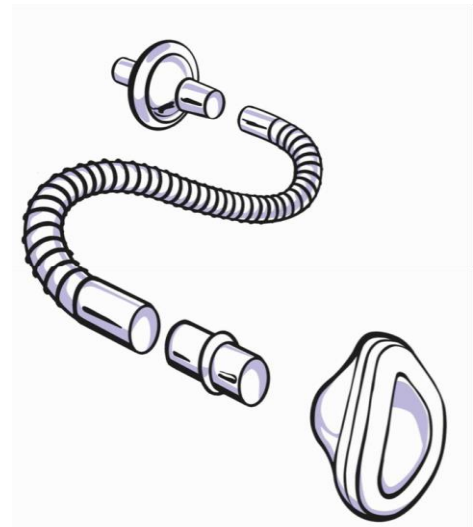
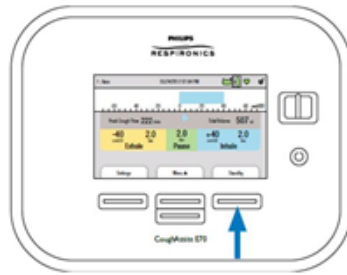
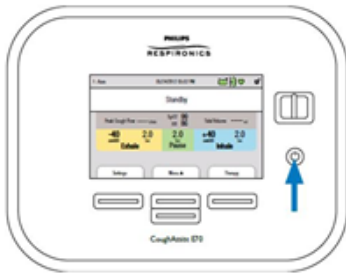
Set up date: ____ - ____ - ____
YYYY - MM - DD

Educator's comments: _____

For more information, visit these websites:


- <http://www.canventottawa.ca> (CANVent)
- <http://www.mhc.co.il/files/catalog/pdf/1358934131g31Zr.pdf> (patient guide)
- <http://www.youtube.com/watch?v=a0YP6tHmxBw> (Dr. John Bach)

How to Start / Stop




To start therapy

Plug in the device or use the battery.

- Press  to turn it on.
- Press **Therapy** to start your therapy.

To stop therapy

- Press **Standby**.
- Press  to turn it off.



How to clean your CoughAssist® device:

Every day:

- After each use, look closely at the breathing hose and face mask. If they are dirty, wash them well with warm water and mild detergent, rinse well and *air dry completely before you use it again*.
- DO NOT wash the bacteria filter or use the CoughAssist® with a wet filter. Change the filter if it's dirty. Always use a bacteria filter to stop any chance of infection.

Every week:

- Wash the breathing tube, as explained above.
- Change the bacteria filter if you use the device every day.
- Clean the outside of the device. First, unplug it. Then, wipe the outside using a clean damp cloth and mild detergent. Rinse with a damp cloth.

Every 2 weeks:

- Clean the air filter on the back of the device. Replace the air filter every 6 months.

Other information:

- Hold the inhale time as long as the chest rises (1.5 to 3 seconds for adults and 0.5 to 1.5 seconds for children).
- Limit the exhale time to the chest fall time (1.5 to 2.5 seconds for adults and 0.5 to 1.5 seconds or less for children).
- A peak cough flow greater than 270 L/min is needed to clear the lungs.
- The battery also works with the Trilogy ventilator.
- The battery gives enough power for up to 4 treatments on a single charge.
- DO NOT use the device when it's in the carrying bag.
- Place the device on a hard surface when you're using it (not on a towel or cloth).