

Ultra-PEP

Airway Clearance Device



POSITIVE EXPIRATORY PRESSURE THERAPY (PEP)

PEP therapy involves breathing out against a fixed resistance during exhalation via a mouthpiece. The induced positive expiratory pressures (PEP) typically range from 0-30cm H₂O and keeps the airways open during exhalation, helping to promote lung expansion and mobilise mucus secretions.

Its intended use is for secretion mobilisation in post-operative patients, cystic fibrosis patients and patients indicated for respiratory physiotherapy⁽¹⁾.

Ultra-PEP is used to assist with airway clearance through features such as:

28 day single patient use

Graduated rotation giving precise adjustment of pressure

Visual feedback, which increases effective use

Lightweight, portable and easy to use

Detachable mouthpiece, for fitting to tracheostomy tube or facemask

Device functions in any orientation



CLINICAL INDICATIONS:

- COPD
- Bronchiectasis
- Chronic Bronchitis
- Emphysema
- Cystic Fibrosis
- Post-operative Pulmonary Complications (PPC)
- Epithelial Mucus-Hypersecretion

Ultra-PEP is a simple, non-invasive device used to support respiratory functions.

HUMIDIFIED HIGH FLOW PEP - TWO THERAPIES, ONE POWERFUL SOLUTION

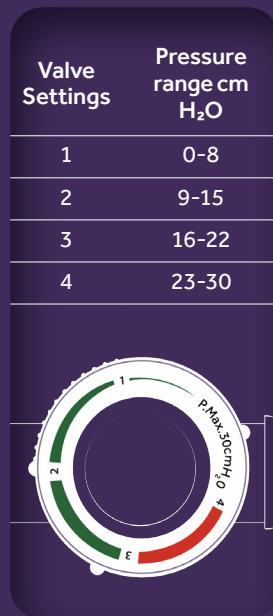
Humidified high flow PEP combines two respiratory therapies to enhance mucociliary clearance and respiratory function.

Combining the benefits of AquaNASE® and Ultra-PEP maintains mucociliary function and improves oxygenation, by delivering flows close to the patients' peak inspiratory requirement.



USER GUIDE:

1. Select pressure level as advised by your clinician.
2. Put the mouthpiece in your mouth and seal your lips around it, breathe a normal breath in, and then exhale slowly but firmly against the resistance. Try to breathe all the way out to the end of expiratory breath. Exhalation should last six seconds. You should be able to hear a hissing sound as the air comes out of the valve.
3. Repeat for 10 breaths, if possible. You may need to cough before reaching the 10th breath. If so, remove the device and cough to clear any loosened secretions.
4. Rest for 30 seconds.
5. Cough, clear any phlegm that has been loosened and rest again.
6. Repeat the above cycle at least 3 times, or as often as is necessary to clear the chest.
7. Take the PEP device apart and wash it in soapy water (Maximum 50°C) once per week and allow it to fully air dry before reassembling.



Code	Description	Box Qty
AMPT1001	PEP Therapy Device	20
AMPT1001-002	PEP Therapy Device with manometer	20

References:

1. Coppolo, D.P., Schloss, J., Suggett, J.A. and Mitchell, J.P. (2021). Non-Pharmaceutical Techniques for Obstructive Airway Clearance Focusing on the Role of Oscillating Positive Expiratory Pressure (OPEP): A Narrative Review. Pulmonary Therapy, 8, pp.1–41. doi:<https://doi.org/10.1007/s41030-021-00178-1>.



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