1. Properties:
The FLUTTER® - VRP1 offers a unique approach of the frequent problem of the elimination of superfluous mucus out of the lungs. The air expired through the FLUTTER® - VRP1 encounters a variable resistance, which creates vibrations in the respiratory tract. These vibrations loosen accumulated mucus and moves it towards the larger respiratory tracts, from where it can be expectorated without the constraint of coughs.

2. Operation:
Before expiration, the ball obtures the channel of the cone. During expiration, the instantaneous position of the ball results in an equilibrium state between her own gravitational force, the slope of his roll way, and the pressure of the expired air. During expiration, the pressure increases and the ball will be lifted and will move along the the inner wall of the cone offering an increased section to the airflow (at that moment, the expired airflow is accelerared).
The pressure lowers, the ball rolls back to her starting position and closes the opening, thus creating an overpressure. The frequency of this cycle should be adapted to each patient.
You will so search for the frequency giving you a specific "pulmonary resonance" : in other words, you will match the frequency of the FLUTTER® - VRP1 to your own pulmonary system by variations of the slope of the FLUTTER® (see picture 6).

3. Indications:
The use of the FLUTTER® - VRP1 is recommended in the following cases:
- persistent cough with or without production of secretions (phlegm,etc)
- acute bronchitis
- chronical bronchitis
- obstructive asthma
- bronchitis asthmiform
- bronchectasies (deformation of the trachea)
- emphysema
- cystic fibrosis

www.henrotech.be
- tracheo-bronchial instability (tracheas with soft cartilage - result of too frequent cough)
- respiratory therapies before and after surgery

4. Counter - indications:
The FLUTTER®:VRP1 cannot be used in case of Pneumothorax.

5. Frequency and duration:
The regular and frequent use of the FLUTTER®:VRP1 increases its therapeutical efficiency. We do recommend you to use it as frequent as possible, certainly when you feel an oppression by the mucus and you have a respiratory discomfort.

You may per example expire into the FLUTTER®:VRP1 10 to 15 times successively in one hour. In most cases, 3 times approx. 5 minutes will be sufficient to evacuate the mucus. Sometimes, the mucus may be difficult to mobilize. In the particular case of cystic fibrosis, 20, 30 or even 40 consecutive may then be required. Ask for advice to your doctor or physiotherapist.

6. Correct position:
In the search for the best result, the starting position is of the utmost importance. Then you may determine yourself the best position, always taking into account the pictures 4, 5 and 6.

7. Correct use of the FLUTTER®:VRP1 - Instructions for use:
A. take the FLUTTER®:VRP1 in your hand (see pict 4)
B. relax and continue to breathe quietly (see pict 2)
C. inspire and place the FLUTTER®:VRP1 between your teeth (see pict 5) and press the mouthpiece, in order to avoid air leakage
D. hold your breath for 2 to 3 seconds
E. expire normally and deeply through the mouthpiece, using the muscles of the belly, while holding up the upper thorax and the shoulders.
F. you maintain the FLUTTER®:VRP1 in your mouth bouche, while you inspire through the nose
G. the slope according picture 6 is advised for optimal result

8. Spitting out the sputum:
The best way of evacuating the phlegms or sputum is: or to huff or as you mist a mirror, it is a relatively strong expiration but without coughing nor noise.

9. Precautions:
The FLUTTER®:VRP1 is very safe in its use.
   A. Nevertheless, if you have a cardiovascular pathology, ask first the advice of your doctor!
   B. If you already follow a treatment, do NOT modify it, without advice of your doctor!

10. Secondary Effects: No secondary effect is actually known.

In case of a slight dizziness, it is enough to interrupt the treatment for a few seconds.

11. Maintenance:
   - unscrew the head of the device
   - take the ball and the cone out of the device
   - wash all components
   - rinse and dry
   - the device is sterilisable (max temperature: 120°C !)
   - Javel water is not advisable; chlorine damages the plastic.

Informations & sales
exclusive distributor Belgium & Luxembourg