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# FLUTTER VRP1



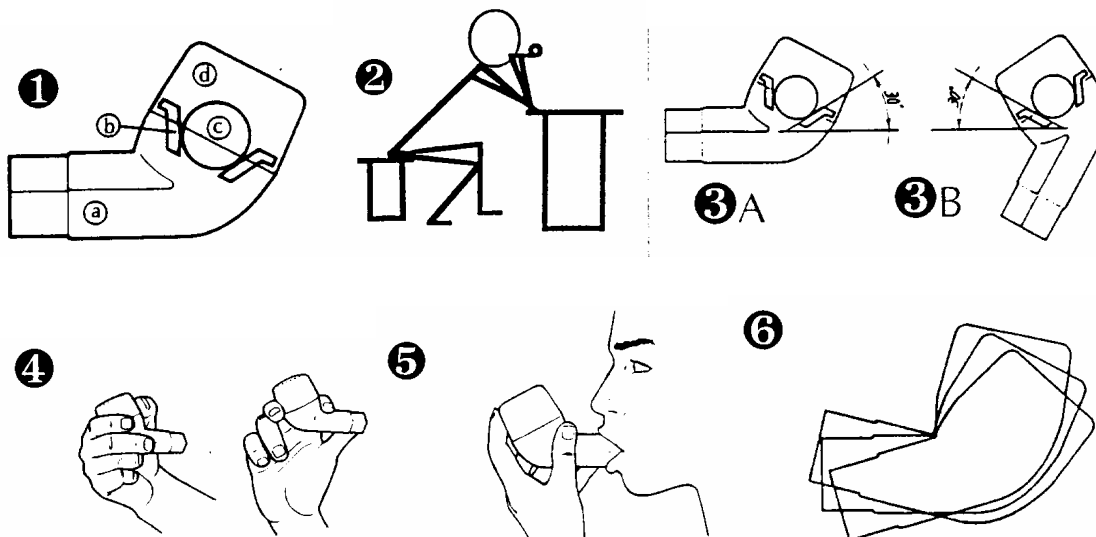
respiratory device for  
vibratory therapy of the lungs



## users intructions

### 1.Properties:

The **FLUTTER<sup>R</sup> - 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<sup>R</sup> - VRP1** encounters a variable resistance , which creates vibrations in the respiratory tract . These vibrations loosens 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 accelarated ) .

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<sup>R</sup> - VRP1** to your own pulmonary system by variations of the slope of the **FLUTTER<sup>R</sup>** .( see picture 6) .

### 3.Indications :

The use of the **FLUTTER<sup>R</sup> - VRP1** is recommended in the following cases :

- persistant cough with or without production of secretions (phlegm,etc)
- acute bronchitis
- chronical bronchitis
- obstructive asthma
- bronchitis asthmatiform
- bronchiectasies (deformation of the trachea)
- emphysema
- cystic fibrosis

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

#### 4.Counter - indications :

The **FLUTTER<sup>R</sup> - VRP1** cannot be used in case of Pneumothorax .

#### 5.Frequency and duration :

The regular and frequent use of the **FLUTTER<sup>R</sup> - 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<sup>R</sup> - 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<sup>R</sup> - VRP1** - Instructions for use :

- take the **FLUTTER<sup>R</sup> - VRP1** in your hand (see pict 4 )
- relax and continue to breathe quietly (see pict 2)
- inspire and place the **FLUTTER<sup>R</sup> - VRP1** between your teeth (see pict 5) and press the mouthpiece , in order to avoid air leakage
- hold your breath for 2 to 3 seconds
- expire normally and deeply through the mouthpiece , using the muscles of the belly, while holding up the upper thorax and the shoulders .
- you maintain the **FLUTTER<sup>R</sup> - VRP1** in your mouth bouche, while you inspire through the nose
- 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<sup>R</sup> - VRP1** is very safe in its use .

- Nevertheless , if you have a cardiovascular pathology , ask first the advice of your doctor !
- 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 .

**I n f o r m a t i o n s   &   s a l e s**  
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