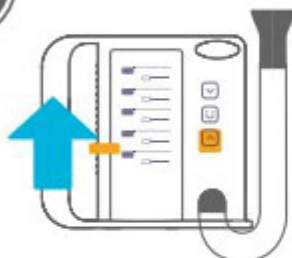


1



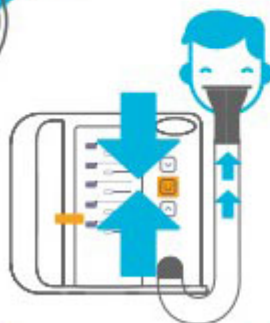
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**INDICATIONS FOR USE:**

The Hudson RC1® Voldyne® Volumetric Exerciser is intended as an inspiratory deep breathing positive exerciser for adult and pediatric (above 5 yrs) patients. It is a single patient, multi-use device used in hospital or home care setting.

DIRECTIONS FOR USE:

1. Remove components from package, expand the tubing to its full length and attach open end of tubing to stem on front side of exerciser.
2. Slide the green pointer to the prescribed volume level.
3. Hold or stand exerciser in an upright position. Exhale normally. Then, place lips tightly around mouthpiece.
4. Inhale slowly to raise the piston in the chamber. When inhaling, maintain the green flow chip in line with the smiley face flow range. Continue inhaling and try to raise the piston to prescribed volume level (top of piston indicates inspired volume).
5. When inhalation is complete, remove mouthpiece, hold the breath as prescribed, and exhale normally. Allow piston to return to bottom of chamber. Rest and repeat exercises. Frequency of use and recommended inspiratory volumes should be at the direction of physician or therapist.

CLEANING INSTRUCTIONS:

- Remove the mouthpiece from the expandable tubing.
- Dilute a ratio of 1 mL of liquid Dawn® dishwashing detergent into 1 L of warm tap water in a clean tub or bowl.
- Immerse the mouthpiece in the soapy solution and soak for approximately 5 minutes.
- After soaking but while the component is immersed, wipe the interior and exterior of the mouthpiece with a non-linting wipe for a minimum of 30 seconds.
- Rinse the mouthpiece under warm running tap water for a minimum of 1 minute or until all soap is removed.
- Dry the mouthpiece using non-linting wipes.
- Visually inspect the mouthpiece to ensure it is clean. Repeat cleaning steps if residual soil is present.
- Reconnect the mouthpiece to the expandable tubing.

Caution/Warning: After cleaning, visually inspect the corrugated tubing to ensure that the tubing is clean.

For more information on incentive spirometry, please refer to the recommendations section of the 2011 AARC Clinical Practice Guidelines.