

How to use the BA-Tube

Before you start any exercise with the BA-Tube, please consult your doctor or physiotherapist to ensure that your condition is suitable for PEP-exercise.

Getting started

Before you use the BA tube we recommend that you clean it. Rinsing and washing with soft detergent or soap is mostly sufficient. See further below how to disassemble, clean and assemble the BA-Tube.

Your BA-tube must be set to give the correct pressure when you exhale.

! DO NOT USE BA-TUBE UNLESS EXHALE PRESSURE SETTING IS MADE !

Setting BA-Tube for correct expiration pressure.

The correct pressure setting of your BA-tube can be given to you by your doctor or physiotherapist after measuring your expiration pressure with the BA-Tube manometer (available for doctors and physiotherapists).

If this is not made, you shall turn the blue top of the BA-Tube to a comfortable setting between “0” = closed) and “7” = fully open/minimal pressure build-up. Set the BA-Tube to value “4” and breath in normally and then let the air flow out through the BA-Tube. You should feel some resistance in getting the air out of your lungs.

- a) If it feels too easy, no real effort needed to push out the air, you turn the setting to a lower number and repeat the test until you reach a comfortable setting for you. Values under 2 is very unusual and if you have this low number, you should consult with your doctor or physiotherapist before starting regular use, to ensure that you are not putting too much effort in the expiration that can – possibly – cause damage to your lung alveolars.
- b) If it feels too hard, too much effort is needed to push out the air, you turn the setting to a higher number and repeat the test.

When shall I use the BA-Tube?

Preventional use

BA-Tube can – and should – be used at all times, even if a breathing problem is not present. Preventing is better than curing, so carry the BA-Tube with you at all times.

1. You should practise for about 10 minutes. Repeat the exercises at different times during the day, as often as possible. Take advantage of any opportunity during the day, like when watching TV, reviewing papers at work, when reading newspaper etc.
2. Measure the time you practice, for instance, by setting an egg timer for 10 minutes.
3. Breathe through your nose and blow out through the BA-Tube, in the way that your doctor or physiotherapist has instructed you. Blow out regularly and calmly but not too slowly.
4. The number of breath-cycles in one session is very individual and depends on your condition. Normally you rest after 5 – 10 breath-cycles.

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5. Cough up the secretion in between. The doctor or physiotherapist will instruct you in the right cough-technique. First of all, draw a deep breath. After that you use the same technique to force out the air, in the same way, as you would “huff” onto a mirror or glasses before cleaning.
6. Rest.
7. Continue to breath with the BA-Tube, restarting at point 3 above, until you reach a training time of 10 minutes.

ing feels disagreeable during these breathing sessions, this might depend on the fact, that you use an incorrect technique when exercising, or, that the resistance on exhaling is too heavy. Regular controls with your doctor or physiotherapist are necessary to keep such problems under control.

Acute use:

As soon as you feel that your breathing is becoming difficult, you can use the BA-Tube. BA-Tube can be used without medication or in combination with medication. Use the same breathing pattern as in the preventional use describe above.

If your Doctor has prescribed a medicine for stretching the bronchitis, it is very important, that you take your dose at least 15 minutes before the breathing exercises so that the medication has time to work before you start the training.

Disassembly, cleaning and assembly of the BA-Tube

Disassembly of BA-Tube

To take off the blue cap of the BA-Tube, necessary for good cleaning, you place the enclosed black plunger (enclosed in the BA-Tube package at delivery) into the tube. Hold the tube, with the blue cap pointing upwards and the plunger sticking out downwards, towards a flat surface (such as a tabletop). Press the BA-tube downwards, towards the table and the black plunger will be pushing off the blue cap upwards.

Cleaning of BA-Tube

The BA-Tube must not be sterile before use. Often cleaning the parts with mild soap and lukewarm water is sufficient. Once a week or so, a more thoroughly cleaning can be made. Put the pieces in boiling water, or alternative disinfection liquids at maximum 100°C, (never use any acid or acid bases >0.5M). Let the pieces dry before assembling the BA-Tube.

Assembly of the BA-Tube

Locate the arrow on the blue cap. This arrow must be pointing towards the scale on the white tube when the parts are assembled. With the arrow in the correct direction, push tube and blue cap together until it snaps. Adjust the blue cap to the correct setting (0-7 scale)

Any questions

If you have any questions concerning the use of BA-Tube in conjunction with your breathing problem, please contact your doctor or physiologist.

If you have any questions concerning the BA-Tube itself, please contact us over Email info@anagram.ch or fax +41 62 956 60 69. Phone contacts are unfortunately not possible.

Thank you for trusting our product for your everyday life.